

## If you stick to these rules, you can avoid problems with your gambling

- 1 Decide beforehand how much money you are willing to spend. Stick to your limit.
- 2 Don't try and recoup your losses. They may only increase.
- 3 Be aware of how often, and for how long you play.
- 4 When you are winning, take occasional breaks. Think about the smart time to stop.
- 5 Remember that gambling is entertainment. It is not a way to get rich quickly, or to pay off your debts.
- 6 Don't forget that gambling is all about chance. There are no systems or formulas to guarantee success.

If you need help with a gambling problem, for yourself, a friend or for someone you care for, call the SARGF Problem Gambling Counselling Line on **0800 006 008**. Its a free call and anyone can use this service. Alternatively, send an SMS to **076 675 0710**.



## The Responsible Gambling Counselling Line **0800 006 008.**

*It's a free call, and anyone can use this service. Trained counsellors will tell you about the different forms of help that are available.*

**International Number** : +27 11 026 7323  
**Email Address** : [helpline@responsiblegambling.org.za](mailto:helpline@responsiblegambling.org.za)  
**Website** : [www.responsiblegambling.org.za](http://www.responsiblegambling.org.za)

Produced in the public interest by the NRGP, a public/private sector partnership of government regulators and the gambling industry in South Africa



## WINNERS KNOW WHEN TO STOP

A GAMBLING PROBLEM HURTS  
Call our toll free counselling line  
0800 006 008  
or SMS 076 675 0710



## WINNERS KNOW WHEN TO STOP



**A GAMBLING PROBLEM HURTS**  
Call our toll free counselling line  
**0800 006 008**  
or SMS **076 675 0710**

## Responsible Gambling Interventions



For the overwhelming majority of people, gambling is harmless recreational fun. For most people, gambling be it horse racing, playing the lottery, or at a casino is a form of leisure and entertainment. They go to the races, or bet on a sports event, knowing how much money they can afford to spend. They don't spend more time than they can afford to on gambling either.

Certainly, they do not neglect their families and dependants because of gambling, nor does gambling affect their work adversely. Neither do they get into serious financial difficulties because of gambling, and then hope that more gambling will solve their financial problems.

However, for a small proportion of people throughout the world, gambling does become a problem in their lives. In particular, they suspect that it would be better if they stopped gambling, or at least cut down and controlled their gambling. For some of these people, gambling may become an addiction.

## Question:

**Because I am quite well off, educated and mature, surely it means that I can control my gambling?**

Not necessarily. Anyone can become a problem gambler regardless of age, race, religion, educational attainment, economic status and moral character. Problem gambling is like a disease which can affect anyone. Some people just seem to be unlucky in having an in-built tendency to develop problems with gambling, just as some people have a tendency to develop addictive problems with alcohol and other drugs.



In these cases they know that gambling is getting them into serious trouble and they try very hard to control it. Unfortunately, they find that, no matter how hard they try, they simply can't stop or cut down their gambling by themselves.

Some people, however, in order to overcome their difficulties, will need help from others who have a special understanding of gambling problems.

The National Responsible Gambling Programme Africa's first has been devised to prevent the development of problems with gambling, and to provide help to those who nevertheless do develop such problems.

With oversight from the South African Responsible Gambling Foundation, comprising representatives of the regulator community and industry, the programme is managed by experts. It has three components: public education and prevention; a treatment and counselling service for problem gamblers, their families and friends; and research, which ensures that the first two components operate with the most accurate scientific knowledge available both nationally and internationally.

Remember that it is illegal for children under 18 to participate in gambling. At a casino, for example, be sure that you always know what your children are doing. A responsible gambler, and a responsible parent will never leave children unattended. Most casinos offer crèches and other supervised childcare amenities. Use them, but don't leave your children for long periods just because there is someone looking after them. They are still your responsibility. Very importantly, do not ask your children to place bets on your behalf, or allow them to buy lottery tickets.

## Question:

**Will I have to pay to receive help if I have a problem with my gambling?**

Calls to the counselling line (0800 006 008) are free from the landline, and if someone asks for help and wishes to be referred for sessions with one of the mental health professionals on our treatment, these costs are borne by the programme, not the patient.

## Question:

**Isn't it very shameful to admit to having a problem with gambling?**

No. Problem gambling is like a disease: as with other diseases, such as diabetes or cholesterol, some people are more prone to develop it and it is not their fault, but one can do a number of things to prevent it from becoming an ongoing problem. What is shameful is to continue doing serious damage to yourself and your loved ones and doing nothing about it. Obviously, it's best if people can avoid the situation in which their gambling becomes uncontrollable. To do this, people need to be aware of the danger signals which can give them an early warning. SARGF offers a variety of responsible gambling programmes including information, awareness and education which can assist in the management and prevention of uncontrolled and irresponsible gambling. One way to deter a person from gambling is to approach a casino manager, and ask that you be prevented from entering a casino. This is called self-exclusion.

