

Having a gambling problem may not always lead to gambling addiction if help is sought immediately. It is important that the gambler's close friends/relatives/family members also seek help even though the gambler may refuse to admit that s/he has a problem.

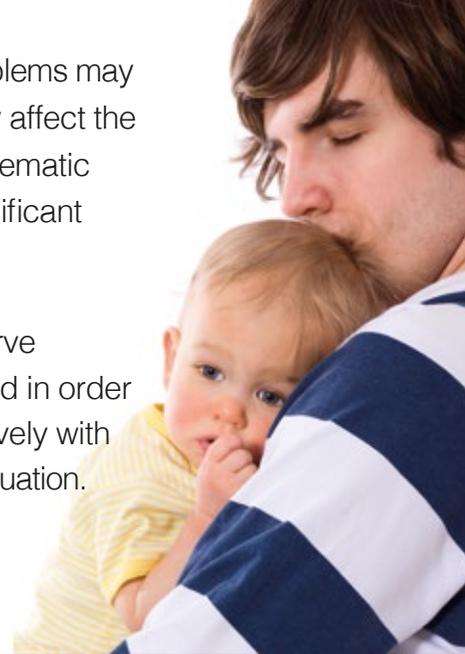
Why do I have to seek help if a close member of my family or friend is the one having the gambling problem?

Family members/significant others close to the person having a gambling problem, may feel:

- Frustrated, lonely, hurt or confused about how best to cope with and to help the gambler or other third parties involved in this social problem.
- Angry because of the unnecessary hassle they may be suffering because of their loved one's problematic gambling.
- Worried about their future, regarding the gambler's behaviour and possible negative financial repercussions.

Gambling problems may also negatively affect the lives of a problematic gambler's significant others.

They too deserve to be supported in order to cope effectively with this adverse situation.



**Phone
1777
to receive support
and obtain
further guidance**

Address: 90/91, Second Floor,
Psaila Street, Birkirkara
Tel No: +35621499030/1
Helpline: 1777
Website: www.rgf.org.mt

Helpline 1777



**RESPONSIBLE
GAMING
FOUNDATION**



Gambling should NEVER be considered a money-making activity to improve one's financial state. Conversely, gambling should be deemed a recreational activity.

Helpline 1777

A person is considered to have a gambling problem or addiction if s/he experiences any of these symptoms:



- › Difficulty in controlling urges to gamble.
- › Constant thoughts on his/her next gamble.
- › Conflicts in his/her relationships, including family, friends and in the workplace.
- › Difficulty in finding fulfilment and experiencing joy in non-gambling activities.

Have you ever thought whether you have a gambling problem or not?

- › Have you ever gambled with the hope of regaining your losses?
- › Have you ever missed an important appointment or failed to attend work because you indulged in a gambling activity instead?
- › Have you ever been nervous, irritable, or violent when others draw your attention to your involvement in excessive gambling activities?
- › Have you ever tried to stop gambling but found it difficult/overwhelming to do so alone?
- › Have you ever lied about how much money you actually spend on gambling?
- › Has gambling ever led you to borrow money to further finance your gambling activities?
- › Have you ever engaged in gambling activities to distance yourself from other problems in your life?
- › Have you ever experienced difficulty sleeping due to gambling urges?

If you answered "Yes" to most of the above questions, seek help and phone 1777 (Freephone) or access the chatting facility via www.rgf.org.mt .

Not only are you gambling with money, but also playing with your life and the lives of your significant others

**PHONE
1777
FOR FURTHER
ASSISTANCE**

