



INFORMATION ON GAMBLING ADDICTION



Bundesinstitut für
Öffentliche Gesundheit

CHECK
**DEIN
SPIEL**



FUN CAN TURN INTO AN ADDICTION

Gambling is fun. It's exciting and every game is different. What's more, the idea of winning some fast money is very tempting. But some people gamble more frequently and longer than they really want to. And they bet more money than they have to spare. These are clear signs that gambling is becoming an addiction.

But they still keep on gambling in the hope of winning back the money they've lost. They lose control over their own behaviour. Losing significant amounts of money, frustration and desperation are the consequences. Frequently, loved ones also suffer.



GOOD TO KNOW

There's no fixed point in time at which a person becomes addicted to gambling. The transition is gradual.

WHERE ARE YOU AT?

1

Do you bet more money on gambling than you can afford?

2

Have you already tried to play less, but find you can't?

3

Do you get nervous and irritable when you can't gamble?

4

Have you ever been criticized for gambling so much?

5

Do you feel guilty because you can't stop gambling and lose a lot of money?

6

Do you gamble more to try and win back money you've lost?

7

Have you ever borrowed money to keep gambling?

8

Have you ever asked other people for money to pay your gambling debts?

Every single "Yes" is a serious sign of a potential gambling addiction. Our advice: Talk to someone close to you about it or go to a counselling centre for help.

THE CONSEQUENCES OF A GAMBLING ADDICTON

Sometimes an addiction can destroy your entire life. People around you suffer too. Family and friends desert you; you lose your job. Common consequences are:

- You lie because you're ashamed.
- You don't have enough money for rent or food.
- You borrow money and can't pay it back.
- Problems crop up in the family and in your relationship.
- You neglect hobbies and other interests.
- You have no joy in life and feel lonely.
- Some addicts even end up committing crimes.



Be honest with yourself

Look at what you're doing. Are you familiar with some of these consequences? Or have you observed them in someone close to you? Find help before your problems get any bigger.



Information on counselling centres and addresses are provided on the back page.

Sound familiar?

"Once I start gambling, I don't stop until I'm out of money. If I win, I keep on playing so I can win more. When I lose, I have to keep playing to win back the money I've lost."

– Peer, 29



HERE'S WHERE YOU CAN GET HELP

BIÖG helpline for gambling addiction (in German)

0800 1 37 27 00 (toll-free service number)

Counselling hours for addicts, family and friends
and other interested persons: Monday – Thursday 10
a.m. – 10 p.m. and Friday – Sunday 10 a.m. – 6 p.m.

Foreign-Language Telephone Counseling for Gambling Addiction:

**[www.check-dein-spiel.de/hilfe-fuer-spieler/
fremdsprachige-telefon-beratung/](http://www.check-dein-spiel.de/hilfe-fuer-spieler/fremdsprachige-telefon-beratung/)**

www.check-dein-spiel.de

Comprehensive information and help portal. Informa-
tion on gambling and gambling addiction. Detailed self-
tests, online rehabilitation programme and counselling
centre addresses.

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