

## What is gambling?

We speak of when time and money are spent 'taking a risk' on an event with an uncertain outcome. Items of value like money, cars, holidays are given out according to the outcome of the event.

## Types of gambling

- 🎲 Poker and fruit machines
- 🎲 Casino table games like blackjack or roulette
- 🎲 Sports betting including betting on horses, dog racing and football
- 🎲 Internet casinos and betting
- 🎲 Card games
- 🎲 Lotto tickets or scratch cards
- 🎲 Bingo
- 🎲 Raffle tickets

## Levels of gambling

### Social

🎲 casual and fun; gain enjoyment from gambling or social company

### Heavy

🎲 gambles often and/or with large amounts of money; moods and emotions likely to depend on gambling

### Problematic

🎲 less and less able to resist the impulse to gamble

### Pathological/Compulsive

🎲 unable to resist the impulse to gamble

In case of heavy, problematic or pathological/compulsive gambling, you should seek professional help!



## If you gamble...

1. Are you preoccupied with gambling (thinking of past gambling experiences, thinking about odds, planning the next venture, or thinking of ways to get money to gamble)?
2. Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
3. Have you made repeated unsuccessful efforts to control, cut back, or stop gambling?
4. Are you restless or irritable when attempting to cut down or stop gambling?
5. Do you gamble as a way of escaping from problems or of relieving feelings of helplessness, guilt, anxiety, or depression?
6. After losing money on gambling, do you often return another day to get even?
7. Do you lie to family members, therapists, or to others to conceal the extent of involvement with gambling?

8. Have you lost or put in danger a significant relationship, job or educational or career opportunity because of gambling?

9. Do you rely on others to provide money to relieve a desperate financial situation caused by gambling?

If you replied **YES** to four or more of the above, you may no longer be gambling for fun, but may quite likely be experiencing problems with your gambling. If you replied **YES** to two or three of the above, you may be suffering from gambling-related problems.





People have pointed out different reasons why they decided to do something about their gambling, such as, emotional/personal reasons, financial concerns, effects on the family and/or other important relationships, health reasons, effects on work or study, social life and legal issues.

What are your reasons?

Find out and seek advice from any of the following entities:

- Aġenzija Sedqa - 23885110
- OASI - 21563333
- Gamblers Anonymous – Caritas – 25906600

### If someone close to you gambles...

Are you feeling shocked, confused, betrayed, fearful, guilty, angry, aggressive, lost or sad because you found out that someone you care for has a gambling problem?

It is normal to feel like this. But you may be asking, what am I going to do? How shall I tackle this problem?

Gambling affects both the gambler and those around him/her financially, emotionally, physically and/or mentally.

Children are also affected by gambling and they may experience a mixture of emotions, such as anger, sadness, depression and guilt. They may blame themselves for the problems that gambling caused within the family. If these problems are not tackled properly, they might try to seek attention by using alcohol and/or drugs, resort to gambling themselves or get into trouble with the police.



Life is not a gamble! Don't let gambling lead the way!  
Take a chance in the right direction by seeking advice.

**AĠENZIJA SEDQA - PREVENTION SERVICES**  
4, Braille Street, Santa Venera SVR1690  
Tel: 2388 5110 Email: [sedqa@gov.mt](mailto:sedqa@gov.mt)  
**SUPPORTLINE 179**  
[www.sedqa.gov.mt](http://www.sedqa.gov.mt)



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