



GAMBLING PROBLEM?

- ?? Have you often gambled longer than you had planned?
- ?? Have you often gambled until your last Rand was gone?
- ?? Have thoughts of gambling caused you to lose sleep?
- ?? Have you used your income or savings to gamble while letting accounts go unpaid?
- ?? Have you made repeated, unsuccessful attempts to stop gambling?
- ?? Have you broken the law or considered breaking the law to finance your gambling?
- ?? Have you borrowed money to finance your gambling?
- ?? Have you felt depressed or suicidal because of your gambling losses?
- ?? Have you been remorseful after gambling?
- ?? Have you gambled to get money to meet your financial obligations?

IF YOU ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, YOU MAY HAVE A GAMBLING PROBLEM

IF SO, HAVE YOU CONSIDERED —

- ?? Telephoning the National Responsible Gambling Programme's **24-hour toll free helpline (0800 006 008)** where trained counsellors can assist you or refer you to free counselling sessions with a trained counsellor near you, funded by the gambling industry?
- ?? Asking the casino, totalisator or bookmaker where you gamble to exclude you from gambling?
- ?? Asking the Eastern Cape Gambling and Betting Board to instruct all licensees in the Eastern Cape where you gamble to exclude you from gambling and/or asking the Board to forward a copy of your application for exclusion, free of charge, to the Gambling Boards in other Provinces so they can also exclude you, if you so indicate?

ALTHOUGH LICENSEES WILL HAVE TO TAKE REASONABLE STEPS TO EXCLUDE YOU, THE PRIMARY RESPONSIBILITY NOT TO GAMBLE WILL REMAIN WITH YOU.

IF SOMEONE YOU KNOW OR YOUR HUSBAND, WIFE OR PARENT—

- ?? Regularly gambles more than they can afford to lose so that their dependants may be deprived of food and shelter; or
- ?? Has a pathological gambling addiction; or
- ?? Leaves children under the age of 10 years unattended for unreasonable periods of time while gambling,

You can apply to the Eastern Cape Gambling & Betting Board to exclude that person from any or all licensed gambling businesses in the Eastern Cape.

SOME GUIDELINES TO AVOID PROBLEM GAMBLING

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

FOR MORE INFORMATION CONTACT:

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