

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 too seek help even though the gambler may refuse to admit that s/he has a problem.

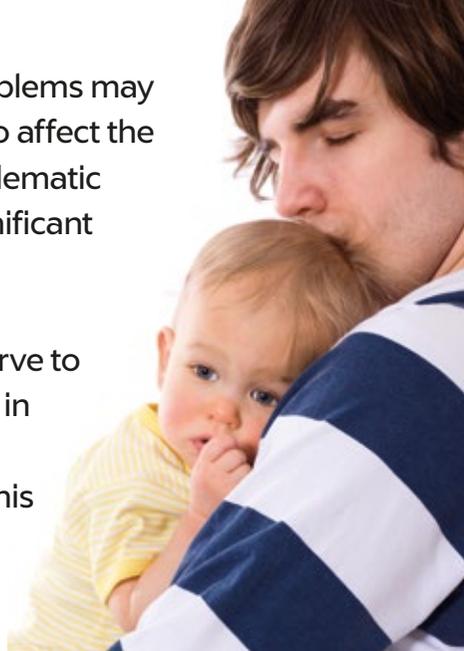
Why do I have to seek help if a close member of my family/friend is the one having the gambling problem?

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

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

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

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



Phone
1777

to receive support
and be given
further guidance.

Address: 90/91, Second Floor
Psaila Street, Birkirkara
Tel No: +35621499030/1
Helpline: 1777
Website: RGF.ORG.MT

Helpline 1777



**RESPONSIBLE
GAMING
FOUNDATION**



Gambling should NOT be considered as a money-making activity to improve one's financial state. Conversely, gambling should be considered as 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 to control urges to gamble.
- › Experience constant thoughts on his/her next gamble.
- › Conflicts in his/her relationships, including family, friends and at the workplace.
- › Difficulty to find fulfilment and experience joy in activities unrelated to gambling.

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

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

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

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

**PHONE
1777
FOR FURTHER
ASSISTANCE**

