

GAMBLING myths and facts



Myth.
"I've been on a losing streak, so I am due to win soon"



Myth.
"I'm feeling
lucky"



Myth.
This machine is hot
and due for a
jackpot "



Myth.
"I can't have a problem, I am loaded"

Myth.
"I'm a responsible person. I can't get addicted to gambling"

Fact:

Just because you have been on a losing streak does not mean you are due a win. Don't chase a win and lose what you can't afford.

Fact:

There are plenty of things in life that are beyond your control and gambling outcomes are one of them. Luck in gambling is absolute nonsense.

Fact:

There is no such thing as a "hot machine" or one that is due a big win. These machines are made to generate money, more people loose than win long term.

Fact:

Problem gamblers become obsessed and can gamble away their money, their relationships, slip into debt, resort to stealing to feed their habit, lose their jobs and hit rock bottom very easily.

Fact:

Anyone can get addicted to gambling. It is very easy to develop addictive behaviours where one thinks about gambling all the time and lets it take over their lives.





GAMBLING Support

Person with Addiction

Open up and admit that there is a problem. Talk to a loved one or friend and disclose the real impact of the gambling.



Friend /Family

Tell the person who you know is gambling that you are concerned about them and want to help them.

Understand it's an addiction.

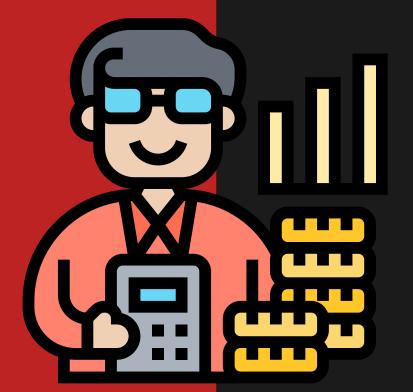
Seek Professional Help;
Gambling Helpline:
08088020133. Debt Action
NI: 0800 9174607
Gamblers Anonymous:
028 71351329.
www.begambleaware.org



Encourage them to access professional support.

Don't feel guilty or blame yourself. Seek some support for yourself.

Speak to a financial advisor/
Citizens Advise.
Explore better money
management techniques and
any debt repayment plan
options.



Family/Close friends take charge of finances e.g. credit cards, bank cards and ensure all necessary payments are processed.

Find a good sponsor/Friend who you can speak to IF you have the urge to gamble again. This person should be strong willed and will actively discourage gambling behaviour.



