

GAMBLING MYTHS & FACTS



Gambling can harm your mental health, affect your decisions and take away from the game we love.
Know the facts. Make better choices.



MYTH:

"If I bet more, I'll win more."



FACT:

Gambling outcomes are always random. Past results don't affect future wins.



GAELIC FOOTBALL

NOT LUCK. SKILL. EFFORT. TEAMWORK. MAKE BETTER CHOICES.

MYTH:

"I'm feeling lucky today."



FACT:

Luck has nothing to do with gambling. It takes awareness, support and coping strategies to manage the urge to gamble.



MYTH:

"A close game will always make me win."



FACT:

The result is out of your control. You can control your choices and set limits to keep gambling in check.



MYTH:

"I can't cope with everything on my mind."



FACT:

It's normal to feel overwhelmed. Break things down, ask for help and focus on what matters most.



MYTH:

"I'm a strong person, I don't have a problem."



FACT:

Anyone can develop gambling problems. Recognising the signs early and reaching out for sign of strength.



IT'S OKAY TO...



Talk about how you feel



Ask for help



Put your mental health first



Not be okay all the time

GET SUPPORT

If gambling feels too much, reach out. Talk to a parent, teacher, coach or a trusted adult. You don't have to face it alone.

ChildLine

0800 1111



**THINK BEFORE YOU BET.
PLAY SMART. STAY IN CONTROL.**

**TOGETHER
WE'RE
STRONGER**



**STRONG MIND.
STRONG BODY.**



**STRONG TEAM.
STRONG SUPPORT.**



**STRONGER
TOGETHER.**



**ONE CLUB.
ONE COMMUNITY.
ONE GOAL.**

LOOK OUT FOR EACH OTHER. TOGETHER IN GAELIC FOOTBALL. TOGETHER FOR MENTAL HEALTH.

GAMBLING SUPPORT

**YOU ARE NOT ALONE.
HELP IS ALWAYS AVAILABLE.**



GAMBLING SUPPORT

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PERSON AFFECTED BY GAMBLING

Open up and admit that there is a problem. Talk to a loved one or teammate and disclose the real impact of 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 Support Helpline: 1800 936 725
(Action NI: 0800 917 4607)
GamCare: 0808 8020 133
Gamblers Anonymous: 028 7135 1329
www.gamblingsupport.ie



ENCOURAGE THEM TO ACCESS PROFESSIONAL SUPPORT

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



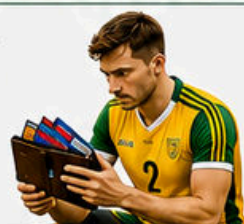
SPEAK TO A FINANCIAL ADVISOR

Citizens Advice.
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

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.



SUPPORT FRIEND / SPONSOR

Support friend/sponsor by actively discouraging gambling behaviour. Only COMMIT if you can do it; ideally a GAA member or a Gamblers Anonymous support is allocated.



WHEN THE
FUN STOPS
gamblingsupport.ie



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85258

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STRONG BODY.**



**STRONG TEAM.
STRONG SUPPORT.**



**STRONGER
TOGETHER.**



**ONE CLUB.
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ONE GOAL.**



**TOGETHER IN OUR CLUB.
TOGETHER FOR MENTAL HEALTH.**

