



# GAMBLING

## myths and facts



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

**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.



**Myth.**  
"I'm feeling lucky "

**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.



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

**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.



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

**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.



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

**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.

[www.tamhi.org](http://www.tamhi.org)



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## 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.



Seek Professional Help:  
Gambling Helpline:  
08088020133.  
Gamblers Anonymous:  
0330 094 0322.  
[www.begambleaware.org](http://www.begambleaware.org)



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



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.



### 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.

Encourage them to access  
professional support.  
Don't feel guilty or blame  
yourself. Seek some  
support for yourself.

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

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