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.

Lucky

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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.

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

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WHEN THE **FUN** STOPS **STOP**
gambleaware.co.uk