

Gambling taking up all of your headspace?

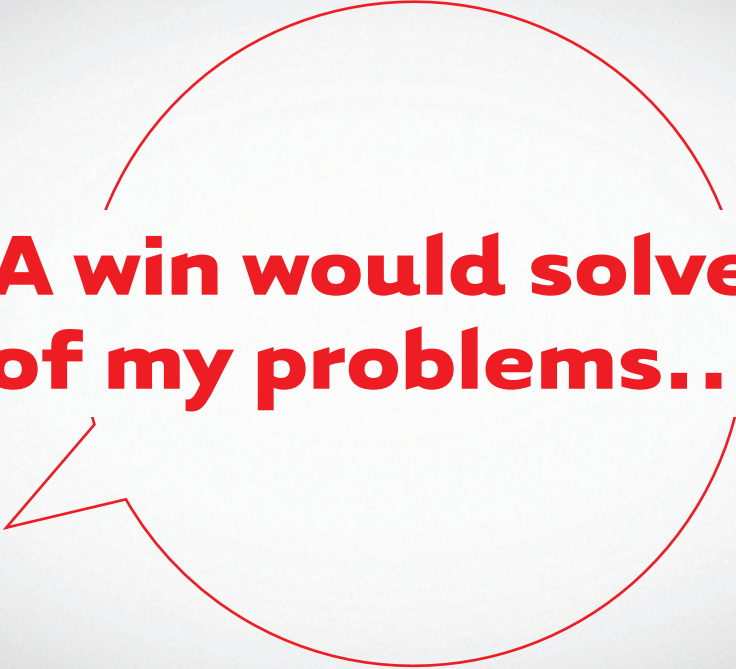
Valuable tips for
keeping your
gambling under
control

SWISSLOS



18+

*Spierschutz
Protection des joueurs
Protezione dei giocatori*



**«A win would solve all
of my problems...»**

Playing should be fun

Playing should not be associated with hardship, but with enjoyment, fun and responsibility!

This is why Swisslos is actively committed to preventing gambling addiction – an illness that can lead to personal and social difficulties for some.

The following pages will tell you more about gambling addiction, how to spot it and what you can do to prevent it.

You can also find this information online:



Tips for keeping gambling under control

Ensuring that the game remains a game

- Fun:** Gambling is not a substitute for gainful employment. Play for fun and engage in other leisure pursuits as well.
- Money:** Do not gamble more money than you can afford. Never attempt to make up a loss by playing another game. Set yourself a sensible limit and never borrow money to enable yourself to play.
- Time:** Decide for yourself how often you wish to play. Before a game, set yourself a time limit. Stop when you have reached your time limit – regardless of whether you are winning or losing.
- Stress:** Never play when you are feeling stressed or depressed.
- Diary:** Keep your playing habits under control. Regularly monitor whether you are playing longer or gambling more money than before. Use the gambling diary in this brochure.



**«I've got to play —
otherwise I get
too nervous!»»**



**«No matter where I am,
I can't stop thinking
about gambling...»**

Signs of gambling addiction

What is gambling addiction and how do you recognise it?

It's possible to become so gripped with gambling that it's difficult to think of anything else. An affected person loses control of their gambling and plays for longer, more frequently and for more money than they either wanted to or can afford.

Keeping their gambling secret and getting more money to gamble with becomes more important. Playing is no longer fun – it takes over their day-to-day life.

Anyone who is addicted or at risk of becoming addicted may exhibit the following behaviours:

- Despite intending not to gamble, they do so anyway.
- They spend more time or money on gambling than they planned to.
- They become irritated or aggressive when they do not have the opportunity to gamble.
- They miss work to gamble.
- They ask others for money to continue gambling.
- They're hoping for a win to solve financial problems.
- They neglect their family, social circle or leisure activities.
- They have suicidal thoughts because of their gambling.

Gambling addiction is a treatable disorder.

Quick check

Everything under control? Put yourself to the test.

Answering the following two questions will help you to determine whether you might have a gambling problem.

1. Have you ever felt the urge to play with ever-increasing amounts of money when gambling?

yes no

2. Have you ever had to lie to people who are or were important to you about the amount of gambling you do?

yes no

If you answered yes to one or both of these questions, it's highly likely you have a gambling problem.

Swisslos recommends you to seek professional help from a counselling centre.

Reach out to us: 0800 713 713 or spielerschutz@swisslos.ch

We will be happy to support you.



**«Just one more game, then
I'll stop.»»**



**«Of course I've got
my gambling under
control?!»»**

Gambling diary

How it works

The following gambling diary gives you a way to keep track of how you play. Monitor your gaming behaviour over the course of a week and record the type of game, your stake, and your emotional state in the diary. It's also sensible to set yourself time and financial limits.



= happy



= disappointed



= frustrated

Here's how to fill in the diary

1. I record the type of game, amount of time I played it for and the stake I placed in the gambling diary (my gaming day).
2. I transfer my daily results into the weekly review (my gaming week) and determine the weekly total.
3. I draw up my personal conclusions for the week.
4. I continue to use the gambling diary for another three or four weeks and monitor whether and in what way my gaming behaviour changes during this time.

My gaming day 1

Date: _____

Name of the game

(lotteries, instant tickets, bets, casino, other)

Time played

(in minutes)

Stake

(in CHF)

How I felt



Total for the day					

My gaming day 2

Date: _____

Name of the game

(lotteries, instant tickets, bets, casino, other)

Time played

(in minutes)

Stake

(in CHF)

How I felt



Total for the day					

My gaming day 3

Date: _____

Name of the game

(lotteries, instant tickets, bets, casino, other)

Time played

(in minutes)

Stake

(in CHF)

How I felt



Total for the day					

My gaming day 4

Date: _____

Name of the game

(lotteries, instant tickets, bets, casino, other)

Time played

(in minutes)

Stake

(in CHF)

How I felt



Total for the day					

My gaming day 5

Date: _____

Name of the game

(lotteries, instant tickets, bets, casino, other)

Time played

(in minutes)

Stake

(in CHF)

How I felt



Total for the day					

My gaming day 6

Date: _____

Name of the game

(lotteries, instant tickets, bets, casino, other)

Time played

(in minutes)

Stake

(in CHF)

How I felt



Total for the day					

My gaming day 7

Date: _____

Name of the game

(lotteries, instant tickets, bets, casino, other)

Time played

(in minutes)

Stake

(in CHF)

How I felt



Total for the day					

**To the
evaluation**



My gaming week

Date: _____

Day of the week	Time played (in minutes)	Stake (in CHF)	How I felt		
					
1					
2					
3					
4					
5					
6					
7					
Total for the week					

My summary of the gaming week

1. Did I play within my budget?

2. Would I have rather bet less money and/or spent less time on gambling?

3. What leisure activities do I plan to do next week?

Would you like to discuss your diary with an expert? For information, call **0800 713 713**.



«I'm really worried...»

Relatives can help – but they suffer too

Gambling addiction is a burden not only on those affected, but also on family and friends. Here you will find tips on how you can help as well as how you can protect yourself.

How can I help?

- Listen and show understanding
- Confide in other people around you
- Seek professional counselling for yourself and the person affected
- Protect your finances, e.g. contact a debt advisory service, block credit cards

What should I not do?

- Make accusations or reproaches, or downplay the problem
- Lend money or pay bills or debts
- Help to cover up the problem, e.g. by lying

If someone in your family has a gambling problem, do not hesitate to get in touch with a counselling centre for information on the support available.

Points of contact and advice

Support for those affected and their relatives

Telephone advice on gambling is available on an anonymous basis and free of charge from the 24-hour intercantonal helpline **0800 040 080**.

For professional help, contact an addiction advice service or self-help group. An overview of the cantonal counselling services can be found at **www.sos-spielsucht.ch**.

You can also contact us at any time for a free initial advice session – call **0800 713 713** (Monday – Saturday) or e-mail us at **spielerschutz@swisslos.ch**.

We will be happy to support you.

Further information on our player protection can be found at **www.swisslos.ch/playerprotection**

Swisslos intercantonal Lottery
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Schweiz