

## No Risk – No Fun? Check your gambling behaviour!

Do you often feel an uncontrollable urge to gamble?

yes  no

In comparison with times in your past, do you currently invest more time or money in gambling than you used to?

yes  no

Do you sometimes end up gambling more often or for longer periods of time, even when you didn't originally plan on doing so?

yes  no

Do you worry about money because of how much you spend on gambling?

yes  no

Have you ever tried to stop gambling – and failed to do so?

yes  no

Do your thoughts sometimes circle around combinations of numbers and possible prizes?

yes  no

Do you believe that you can 'beat' the system when gambling?

yes  no

When you think about gambling, does your body react physically – with a racing heart, sweaty palms or a 'butterfly' feeling?

yes  no

During times when you can't gamble, do you feel restless, irritated or physically uncomfortable?

yes  no

Do you try to keep your passion for gambling secret?

yes  no

Have you neglected certain obligations (career, hobbies, relationships) due to gambling?

yes  no

Has your gambling caused problems within your family?

yes  no

Have you often missed appointments or meetings because of gambling?

yes  no

Do you primarily gamble when you're bored, stressed out or feeling sad?

yes  no

Do you suffer from your gambling behaviour?

yes  no

(Grüsser, S.; Albrecht, U. (2007): Rien ne va plus. Wenn Glücksspiele Leiden schaffen)

## Results: Your gambling behaviour

Did you answer 'yes' to more than five questions? This may be a sign that your gambling behaviour could be problematic or even critical. Don't hesitate to get insight into your situation and seek help.

### Entrenched gambling behaviour?

Most of the time, strong willpower alone is not enough. This is why gambling addiction is considered a disease in Germany. The costs of treatment are covered by pension or health insurance providers!

### Have you made a decision? You can find support here!

**Präventionsprojekt Glücksspiel**  
Neue Grottkauer Straße 5, 12619 Berlin  
Tel.: 030/54988157  
Advice via WhatsApp: 0152/56180285  
Mail: praevention.gluecksspiel@pad-berlin.de  
Web: www.fauler-spiel.de

**Café Beispiellos**  
Wartenburgstraße 8, 10963 Berlin  
Tel.: 030/66633-955  
Web: www.cafe-beispiellos.de

**Charité Berlin**  
Web: www.spielsucht-hilfe-berlin.de  
Web: https://ag-spielsucht.charite.de

**Federal Centre for Health Education [BZgA]**  
**Free anonymous advice hotline**  
Tel.: 0800/1372700

**Online help**  
www.check-dein-spiel.de  
www.spielen-mit-verantwortung.de

**Debt and Insolvency Advice Centres in Berlin**  
www.schuldnerberatung-berlin.de

**Self-help Contact and Information Centre in Berlin**  
www.sekis-berlin.de



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# Putting all your bets on one card?

## Tips for gamblers



# Games of chance ...

- ... are exciting and fun.
- ... are everywhere.
- ... are forbidden to people under the age of 18.
- ... require the player to bet money.
- ... depend on chance.

SCRATCH TICKETS  
LOTTERIES  
ONLINE GAMBLING  
ROULETTE  
POKER  
SLOT MACHINES  
BETTING ON HORSE RACES  
KENO  
LOTTERIES  
BETTING ON SPORTS

... can be addictive. If it's becoming harder and harder to control your gambling behaviour, problems can arise relating to family, friends, work and finances.

To keep your gambling behaviour under control, play responsibly!

## Tips for responsible gambling

To avoid problems with gambling, follow these tips.

### Don't use games as a way of making money

The owners of the games want to make their own money from them. That's why they never give more money to the player than they receive. In the end, it's the player who loses money.

### Decide upon an amount before playing

Before playing, decide upon a daily, weekly or monthly amount of money that you'll allow yourself to gamble with. Stick to your limit – even if you lose!

### Set a time limit

Take frequent breaks from playing and decide how long you want to play before you begin. Stick to your limit – even if you lose!

### Put your winnings aside

Ration your money and only play with the amount you determined earlier. Don't put your winnings into another game.

### Don't compensate for losing by continuing to play

This may only make you lose even more.

### Don't play when in a bad mood

A bad mood can have a negative effect on your gambling behaviour – for example, you might make larger bets. Don't try to use the game to distract you from your feelings.

### Don't drink or use drugs while playing

Playing under the influence of alcohol, drugs or medication can lead to heavy losses, as this influences your ability to play responsibly.

### Make gambling just one of many hobbies

Make sure to pursue other activities in your free time so that gambling doesn't take up too much of your life.

### Observe the rules for protecting young people

Don't allow minors to gamble; don't place bets on their behalf. Don't include minors in games of chance.

### Voluntarily ask to be banned

If you feel that you can no longer control your gambling behaviour, you can ask the owner of the game or casino to ban you.

If you'd like to know the risks of your gambling, then take the test on the next page.

