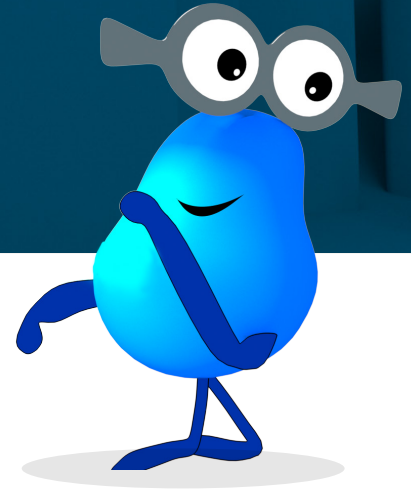


# Responsible Gameplay

## The Facts about Gambling

As at 22 July 2021



## Services and support for gambling disorders

### GAMBLING DISORDER

**Research is constantly evolving, and definitions of what constitutes a gambling disorder can vary.**

**The American Psychiatric Association defines a gambling disorder** as repeated problematic gambling behavior that causes significant problems or distress.<sup>2</sup> It is also called gambling addiction, problem gambling or compulsive gambling and can lead to problems with finances, relationships and work, not to mention potential legal issues. At least four of the following indicators can suggest a gambling disorder:

- Need to gamble with increasing amount of money to achieve the desired excitement
- Restless or irritable when trying to cut down or stop gambling
- Repeated unsuccessful efforts to control, cut back on or stop gambling
- Frequent thoughts about gambling (such as reliving past gambling experiences, planning the next gambling venture, thinking of ways to get money to gamble)
- Often gambling when feeling distressed
- After losing money gambling, often returning to get even (referred to as “chasing” one’s losses)
- Lying to conceal gambling activity
- Jeopardizing or losing a significant relationship, job or educational/career opportunity because of gambling
- Relying on others to help with money problems caused by gambling.

### SERVICES FOR GAMBLING DISORDER

If you or someone you know is having problems controlling gambling, contact a support service near you. They can provide information, self-help resources and support.

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<sup>2</sup> Taken from the American Psychiatric Association’s [website](#) on ‘What is Gambling Disorder’.

## **Australia**

Gambling Help Online

1800 858 858

[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

## **Canada**

[www.responsiblegambling.org/for-the-public/problem-gambling-help/help-for-canadians/](http://www.responsiblegambling.org/for-the-public/problem-gambling-help/help-for-canadians/)

## **Hong Kong**

Quit Gambling Service Hotline

183 4633

[www.donotgamble.org.hk/en/helpdesk1.php](http://www.donotgamble.org.hk/en/helpdesk1.php)

## **India**

DeAddiction Centres

<https://deaddictioncentres.in/>

## **Israel**

Kesharim (Connections)

[www.ksharim-center.org/en/gambling-addiction/](http://www.ksharim-center.org/en/gambling-addiction/)

## **Japan**

Tokyo Counseling Services

03-5431-3096

<http://tokyocounseling.com/>

## **New Zealand**

Gambling Helpline

0800 654 655

[www.gamblinghelpline.co.nz](http://www.gamblinghelpline.co.nz)

Problem Gambling Foundation Services

0800 664 262

<https://www.pgf.nz/>

## **South Africa**

South African Responsible Gambling Foundation

0800 006 008

[www.responsiblegambling.co.za/](http://www.responsiblegambling.co.za/)

## **United Kingdom**

National Gambling Helpline

0808 8020 133

[www.gamcare.org.uk/](http://www.gamcare.org.uk/)

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

## **United States of America**

National Problem Gambling Helpline

1800 522 4700

[www.ncpgambling.org/help-treatment](http://www.ncpgambling.org/help-treatment)

## **International/global**

Gambling Therapy

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

## **Gamblers Anonymous – International**

<http://www.gamblersanonymous.org/ga/addresses>