



## HOT TIPS FOR FAMILY AND FRIENDS

People affected by gambling need help, and so do their friends and families. These tips may help:

- ✘ Don't lend them money.
- ✘ Support an addict who is trying to get help.
- ✘ Take care of yourself.
- ✘ Ask for expert advice from addiction centres or helplines.

## HAVE YOU LOST EVERYTHING?

You can find more information about sports gambling and other types of gambling at [www.check-dein-spiel.de](http://www.check-dein-spiel.de).

### Imprint

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 Order no.: 33211470



## PUT YOUR MONEY ON THIS

Click here: [www.check-dein-spiel.de](http://www.check-dein-spiel.de)

Online you can find detailed information, news, an online counselling programme, a chatroom and much more.

### In person: Gambling addiction advice centres

At an addiction advice centre, you can find help for your specific situation. Find the address of a centre near you at [www.check-dein-spiel.de](http://www.check-dein-spiel.de) or call the BZgA gambling addiction helpline.

Call: BZgA gambling addiction helpline: 0800-1372700

Turkish-language gambling addiction helpline: 0800-3264762

Russian-language advice: 0511-7014664



Are you under 18? Then you are not permitted to gamble, either online or at the bookmaker's. Even if you have an adult with you, you can't fill out the betting slip yourself.  
 For everyone else: gambling online is illegal, with very few exceptions. That means online betting is banned, even for adults. Most betting sites are based in other countries. This means that the big profits they promise are not guaranteed. If the betting company doesn't pay up, you've lost your money.

## IS IT LEGAL?

## TRY OUR TEST!

### Gambling for fun? Risky gambling behaviour? How do you gamble?

	YES	NO
Even when I've reached my limit and have no money left, I carry on gambling.	<input type="checkbox"/>	<input type="checkbox"/>
I've often tried to cut down my gambling.	<input type="checkbox"/>	<input type="checkbox"/>
If I gamble less or not at all, I feel uneasy and quickly lose my temper.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes borrow money so I can carry on gambling.	<input type="checkbox"/>	<input type="checkbox"/>
When I lose, I try to win the money back as quickly as possible.	<input type="checkbox"/>	<input type="checkbox"/>
My family and friends think I spend too much time gambling.	<input type="checkbox"/>	<input type="checkbox"/>

## WILL SKILL WIN?

Sports gambling is a game of chance. And the risk of getting addicted is particularly high:

- X** If you know a lot about sport, you can easily think you are on to a sure thing. But in sports gambling, it's all down to chance.
- X** You don't need cash to gamble online. You can do it with just one click instead of counting out cash. You have soon bet much more than you intended.
- X** Multiple and live betting offer high returns and are particularly exciting. But that is what makes them both extremely risky.

# WETWINNER

Sometimes I feel bad when I'm gambling – kind of guilty.

I have had to ask family or friends for money to pay my gambling debts.

If I have to, I steal money or commit fraud to get hold of it.

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## YOUR RESULTS

Did you answer honestly? Every "Yes" answer is a sign of a possible addiction problem. One or more "Yes" responses means that your gambling behaviour is cause for concern.

Take it seriously and get advice free of charge from the BZgA gambling addiction helpline, 0800 – 1372700.

More information also available at [www.check.dein-spiel.de](http://www.check.dein-spiel.de).

## HOT TIPS FOR GAMBLERS

Have you ever thought about cutting down your betting? Here are a few tips to reduce your risk of becoming addicted.

These tips may help:

- X** Decide how often you are going to bet, and for how long.
- X** Set a limit on the amount you're going to spend.
- X** Only bet money you can afford.
- X** Don't drink alcohol while betting.
- X** Don't bet when you're frustrated or angry.

If you find you can't control your gambling any longer, get help!

## ALL ON ONE CARD?

Sports gambling can create an addiction very quickly.

Often, it all starts with a win. It's then very tempting to carry on betting.

But if you bet more often, then you'll lose more often. At some point, betting becomes a compulsion.

If you lose, you try to win your money back fast. If you win, you want to win more. In the end, it is always the betting company that wins.

When you can't choose whether or not to bet, your gambling has become an addiction – an illness you can't get over on your own.