

Support for gamblers and their families

If you require professional counselling, please contact a local addiction advice centre or self-help group.

For the addresses of counselling centres or self-help groups in your canton, call freephone **0800 713 713** (Monday – Saturday) or e-mail **responsiblegaming@swisslos.ch**

For counselling for gambling addiction, you can also anonymously contact the intercantonal helpline on 0800 040 080 or visit www.sos-spielsucht.ch.

You can find more information about responsible gaming at **www.swisslos.ch/responsiblegaming**

Swisslos intercantonal Lottery
Lange Gasse 20
4002 Basel
Switzerland



With a personal
gambling diary

**RESPONSIBLE
GAMING**



Valuable tips on playing games of chance

SWISSLOS



Playing should be fun

Lottery, Sporttip, scratch card, etc.:

The lottery offering from Swisslos is entertaining, offers fair chances of winning, and also serves a good cause.

In contrast to games of chance at slot machines or to other types of game, they present a significantly lower risk of developing a gambling addiction. Nevertheless, Swisslos is actively committed to preventing gambling addiction – an illness which has already led to personal and social difficulties for some people.

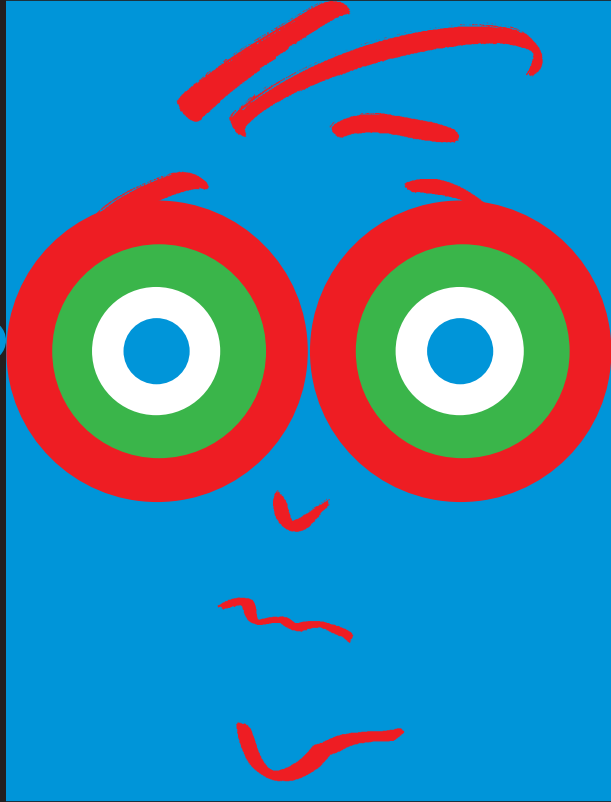
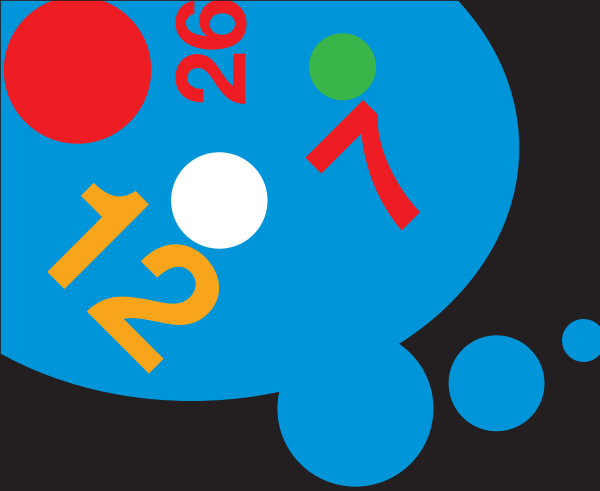
Playing should not be associated with hardship, but with enjoyment, fun and responsibility.

What is gambling addiction, how do you recognize it and what can you do about it?



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 yourself how often you wish to gamble. 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. Make use of the gambling diary in this brochure.



“Wherever I am, I can’t stop thinking about gambling...”

It’s possible to become so obsessed with gambling that it’s difficult to think of anything else. Professional and social issues take a back seat – acquiring money and covering up the addiction become more important.

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

- Despite having a firm intention not to gamble, they do so anyway.
- They do not adhere to time limits or budgets when gambling.
- They become restless and aggressive when they do not have the opportunity to gamble.
- They miss work to gamble.
- They ask others for money to continue gambling.
- They want to pay off debts or solve other financial problems with their winnings.
- They cause family problems by gambling.
- They no longer show any interest in friends or leisure activities.
- They have suicidal thoughts because of their gambling.

Gambling addiction is a treatable disorder.



“I’ll stop gambling when I’ve cleared all my debts.”

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 even more money when gambling?

Always Often Rarely Never

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

Always Often Rarely Never

If you answered one or both of these questions with “always” or “often”, it’s highly likely that you have a gambling problem. Swisslos recommends you to seek professional help from a counselling centre. Call us on **0800 713 713** and we can give you some addresses.



How do I play?

My gambling diary

What is it?

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



 = Joy  = Disappointment  = Frustration

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 results 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 gambling behaviour changes during this time.




My gaming day 1

Date

Name of the game (lottery, instant tickets, bets, casino games, other)	Length of play (in minutes)	Stake (in CHF)	Emotion		
					
Daily total					

My gaming day 2

Date

Name of the game (lottery, instant tickets, bets, casino games, other)	Length of play (in minutes)	Stake (in CHF)	Emotion		
					
Daily total					

My gaming day 3

Date

Name of the game
(lottery, instant tickets, bets, casino games, other)

Length of play
(in minutes)

Stake
(in CHF)

Emotion



Name of the game (lottery, instant tickets, bets, casino games, other)	Length of play (in minutes)	Stake (in CHF)	Emotion		
Daily total					

My gaming day 4

Date

Name of the game
(lottery, instant tickets, bets, casino games, other)

Length of play
(in minutes)

Stake
(in CHF)

Emotion



Name of the game (lottery, instant tickets, bets, casino games, other)	Length of play (in minutes)	Stake (in CHF)	Emotion		
Daily total					

My gaming day 5

Date

Name of the game
(lottery, instant tickets, bets, casino games, other)

Length of play
(in minutes)

Stake
(in CHF)



Emotion



Daily total					

My gaming day 6

Date

Name of the game (lottery, instant tickets, bets, casino games, other)	Length of play (in minutes)	Stake (in CHF)	Emotion		
					
Daily total					

My gaming day 7

Date

Name of the game
(lottery, instant tickets, bets, casino games, other)

Length of play
(in minutes)

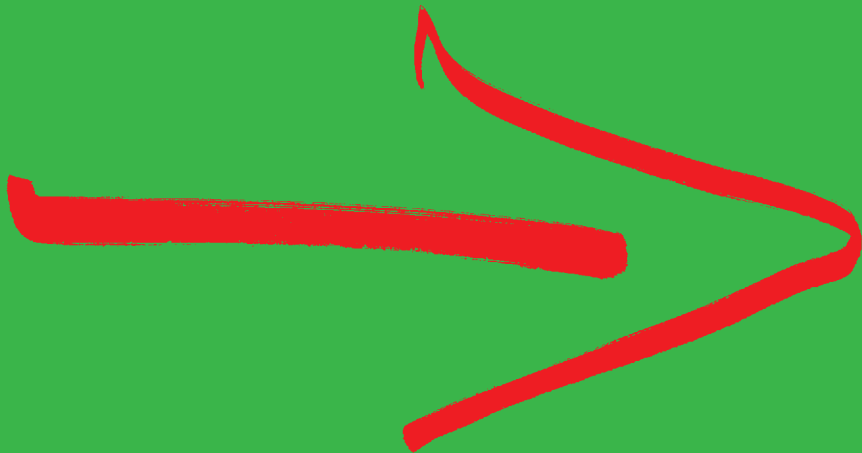
Stake
(in CHF)

Emotion



Name of the game (lottery, instant tickets, bets, casino games, other)	Length of play (in minutes)	Stake (in CHF)	Emotion	Emotion	Emotion
Daily total					

To the results



My gaming week

from

to

Weekday	Length of play (in minutes)	Stake (in CHF)	Emotion		
					
1					
2					
3					
4					
5					
6					
7					
Weekly total					

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**.





Family can help – but they suffer too

Gambling addiction is a burden not only on those affected, but also on family and friends. Addicts neglect their responsibilities and avoid talking to other people.

Helping a person with a gambling addiction means

- listening
- showing understanding
- seeking professional counselling for yourself and the person affected

Helping does NOT mean

- lending money or paying debts/bills
- making accusations
- helping 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.