

*Spielen ohne Sucht*

# Gambling – over the limit?

English

## Am I at risk?

Have you ever bet more money than you expected when gambling?

Have you tried to play less, but not managed it?

Do you become restless or irritated if you can't gamble?

Do you often think about past games or plan future gambling?

Do you often play when things aren't going well?

Do you keep playing to try to win back money you've lost?

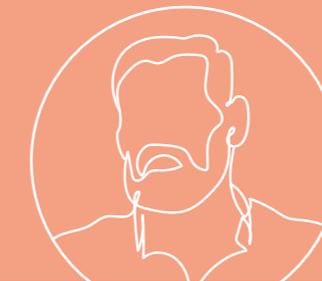
Have you borrowed money to let you keep playing?

Have you asked other people for money so you could pay off your gambling debts?

Have you ever lied to conceal the extent of your gambling?

Did you answer "Yes" to any of these questions?

Every "Yes" answer can indicate that you are addicted to gambling. Talk to a person you are close to, or contact one of the counselling services listed to discuss your personal situation.



**"You don't realise it at the time, but really you're chasing after what you've lost."**

Ismail, in the documentary film *Geld.Spiel.Sucht*.



## Free, anonymous counselling for gambling addicts

 Spielsucht-helpline  
0800 040 080

Free, anonymous counselling (24/7)

**SafeZone.ch**

Online-Beratung zu Suchtfragen

Free and anonymous

***Spielen ohne Sucht***

Counselling centres and information  
[www.sos-spielsucht.ch/en](http://www.sos-spielsucht.ch/en)



*Spielen ohne Sucht* is a collaboration between 17 cantons and the Principality of Liechtenstein that provides help and information on the subject of gambling addiction for gamblers and their loved ones.

# Gambling – are you worried about someone who gambles?

## Is someone I know affected?

### Money missing for no apparent reason?

Unpaid bills, frequent cash withdrawals, borrowing money from family members or friends without a convincing explanation for money shortages can all be indications of a gambling addiction.

### Absentmindedness

People with a gambling addiction are constantly thinking about gambling or how they can obtain money to gamble again.

### Restlessness, irritability, depression

These can all be symptoms of gambling addiction.

### Never enough time

In addition to more and more money, the amount of time spent on gambling is also striking. This causes other interests and obligations to be neglected.

### Does it all add up?

These signs can indicate a gambling addiction. There may be another reason for this behaviour but if you notice one or more of these signs it is worth talking to the person concerned to get a better picture.



**“I tried to understand him and to believe him. But also to point out to him the lies that he was telling me.”**

Maria, partner  
in the film *Gambling.affects.relationships*



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