You can find more information about sports gambling and other types of gambling at www.check-dein-spiel.de.

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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?

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 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

IS IT LEGAL?
WILL SKILL WIN?

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

✘ 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.

✘ 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.

✘ Multiple and live betting offer high returns and are particularly exciting. But that is what makes them both extremely risky.

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TRY OUR TEST!

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

Even when I’ve reached my limit and have no money left, I carry on gambling. YES NO

If I gamble less or not at all, I feel uneasy and quickly lose my temper. YES NO

I sometimes borrow money so I can carry on gambling. YES NO

When I lose, I try to win the money back as quickly as possible. YES NO

My family and friends think I spend too much time gambling. YES NO

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.

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.

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:

✘ Decide how often you are going to bet, and for how long.

✘ Set a limit on the amount you’re going to spend.

✘ Only bet money you can afford.

✘ Don’t drink alcohol while betting.

✘ Don’t bet when you’re frustrated or angry.

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