

CONFIDENTIAL ADVICE AND TREATMENT – COMPLETELY FREE OF CHARGE

Ring us on 70 11 18 10 or visit the website stopludomani.nu



**CENTER FOR
LUDOMANI**

Copenhagen / Aarhus / Odense

DO YOU KNOW SOMEONE WHO GAMBLES TOO MUCH?



Divorce



Unemployment



Illness



Suicide



Crime



Lying



Problems with gambling?

Most compulsive gamblers will have started by betting small amounts, just for fun. Many become so preoccupied with gambling that they gradually lose control of their lives. These people develop a gambling problem and may end up as compulsive gamblers.

A compulsive gambler is someone who is dependent on the thrill of playing games involving money. Anyone can be affected, but it is especially common among people who make quick bets on odds, or who use gambling machines.

Compulsive gambling is now the cause of lives being devastated, for 48,000 compulsive gamblers and around 400,000 friends and relations. There are a further 286,000 at-risk gamblers and problem gamblers who may become compulsive gamblers.

We hope that you will help break the taboo and put a stop to compulsive gambling.

Do you know one?

It can take a very long time to recognise that gambling has become a problem. This applies both to the gambler and their friends and relations. This is partly because gambling problems are often linked to feelings of shame, leading a double life and lies.

Perhaps a suspicion arises when the household budget doesn't add up, when someone seems rather keen on the idea of betting or when stories don't tally. Perhaps you are seeing a change in behaviour or mood? The more time passes, the worse the problems become.

If you are in doubt, you can take a test as a friend or relation at stopludomani.nu.

Some advice

- Take action when you suspect someone has gambling problems. For instance, you can ask where winnings or extra money comes or what the person has been doing with their time. Explain your concern. Perhaps you can agree a limit for how much money and time goes into gambling?
- Help to make it more difficult to gamble and help to fill time that would otherwise be spent gambling. For instance, suggest other activities. Be aware that having money to hand is a temptation which often leads to more gambling.
- Seek support and advice, for example from friends or relations, religious leaders, the doctor or experts. These actions should be taken both before and after the problem has turned into compulsive gambling.

Need help?

It can be tempting to cover up for a compulsive gambler. Many friends and relations hope that each time will be the last instance. But it can be very hard to overcome the condition. Most people need support and many also require professional help.

We offer free advice, support and treatment, both for friends and relations and people with gambling problems.

Call us for a confidential talk on 70 11 18 10