

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

DOES GAMBLING PLAY TOO BIG A PART IN YOUR LIFE?



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. They may become at-risk gamblers, problem gamblers or perhaps compulsive gamblers.

Compulsive gambling is dependence on betting. 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.

Are you one of them?

If you are in doubt, you can take a test at stopludomani.nu.

Warning!

When one gambles too much, one loses a lot more than just money. One forgets other, important things in life and risks losing everything: family, friends, work, the respect of others and one's self-respect.

For many compulsive gamblers, gambling leads to crime, poor health and thoughts of suicide.

Some advice

- The more time passes, the worse the problems become. Waiting only makes it harder. So put a stop to it now, whether you are a problem gambler or a compulsive gambler.
- How much time and how much money do you want to spend on gambling? Think about what you are missing out on when you are gambling. If there are no problems, stick to this framework.
- Have you tried to stop or limit your gambling, without success? If so, you need support and help. It can often be a great relief to speak to someone about it, whether family, friends, religious leaders or experts.

Need help?

We offer advice and treatment.

Treatment is in the form of 10 personal interviews of 45 minutes' duration. Some people chose to follow a course, too. All our help is free of charge.

The treatment works: by far the majority become completely free of the condition.

We have a duty of confidentiality and do not share information about you with anyone.

Call us for a talk or to arrange a meeting on 70 11 18 10