



## **GAMBLING IS A RECREATIONAL ACTIVITY**

One of the objectives of the National Gambling Board is to ensure that members of the public who participate in any licenced gambling activities are protected. As such, the National Gambling Board continuously provides broad-based public education programmes about the risks and socio-economic impact of gambling. Subsequently, the overarching theme for the quarter is responsible gambling.

Responsible gambling refers to social responsibility initiatives designed to promote awareness about the harms associated with gambling as well as to assist those struggling with problem gambling. An integral part of responsible gambling is the ability to establish good habits in relation to gambling. The National Gambling Board urges all members of the public who participate in gambling activities to practice responsible gambling by ensuring that:

- They are in control of how much time and money they spend on gambling;
- View gambling as a form of entertainment, not as an income-generation method;
- Only gamble with money they can afford to lose;
- Know and accept the odds and outcomes;
- Understand the chances of winning; and
- Do not go back the next time to try and win back their losses.

These habits are fundamental preventative steps in halting the formation of problem gambling behaviour. However, should members of the public experience gambling addiction or gambling activities negatively impact their lives, they are advised to seek help from the South African Responsible Gambling Foundation (SARGF). SARGF

oversees the National Responsible Gambling Programme counselling line service that operates nationally 24 hours and 7 seven days a week. The public may contact the SARGF on 0800 006 008 (toll-free) or WhatsApp/SMS HELP to 076 675 0710. The public can also visit the SARGF website and take a self-check quiz that serves as a problem gambling diagnosis tool.

To comply with the principles of responsible gambling, the legal gambling establishments provide forms in the event a member of the public is experiencing compulsive and addictive gambling behaviour.

Any form of gambling that is not offered by a legal gambling establishment is illegal, and no punter dispute mechanism exists at illegal gambling establishments. Therefore, we urge members of the public to refrain from participating in illegal gambling activities. To report any suspicious gambling activity, please email [\*\*fraudalert@ngb.org.za\*\*](mailto:fraudalert@ngb.org.za)

### **Issued by the National Gambling Board**

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