



National Gambling Board

South Africa

a member of **the dtic** group

HELP IS A CALL
AWAY:

0800 006 008

Gambling means that you're willing to **risk** something you value in the **hope** of getting something of even greater value.

Compulsive gambling, also called gambling disorder, is **the uncontrollable urge to keep gambling despite the toll it takes on your life.**

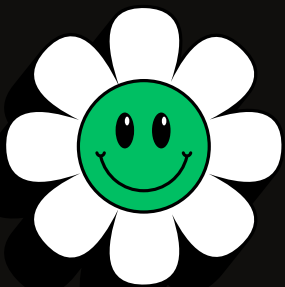
SAY NO TO

GAMBLING ADDICTION

What happens in your **brain** when you gamble?

1. The brain registers pleasure when you win at gambling.
2. It releases your "happy chemicals" that make you feel good.
3. Your body loves these feel good chemicals and wants more of it.

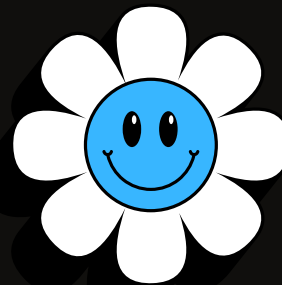
Meet your happy chemicals



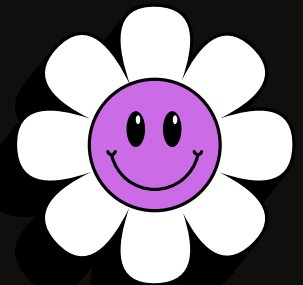
Dopamine



Serotonin



Oxytocin



Endorphin

**compulsive
gamblers**

- Crave the release of these "happy chemicals".
- They become addicted to having these chemicals in their bodies, compelling them to gamble excessively.

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Compulsive gambling is the uncontrollable urge to keep gambling despite the toll it takes on your life.



Relationships. Problem gambling devastates not only the gambler but everyone around them leading to separation, divorce, and broken homes.



Debt and Crime. Chronic gamblers tend to fund their addiction through borrowing or savings. Some resort to criminal activities like fraud and theft.



Work. Less productive in the workplace or increased absence from work, misuse of company resources, stigmatisation and risk of dismissal



Mental health. Low self-esteem, obsessive thoughts, stress, anxiety, depression and suicide.

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**Self-Help and Professional treatment tips
for compulsive and addicted gamblers.**

Self Exclusion

To be excluded from gambling, you can approach your gambling operator to assist you in activating a voluntary self-exclusion.

3rd party exclusions can also be done, by making use of the courts, to have a person on whom you are financially reliant excluded, should he or she have a gambling problem.

Once excluded the onus remains with the excluded person to stay away from the venues. The exclusion remains a contract between the excluded punter and the operator - if a self-excluded punter is found in the gambling premises he/she will be charged with trespassing and may be arrested.

Free Professional Treatment

The South African Responsible Gambling Foundation (SARGF) provides Free and Confidential Treatment and Counselling to those affected by Problem Gambling and their immediate family members. Take the SARGF Self-Check Quiz to see if your gambling behaviour has become problematic: <https://responsiblegambling.org.za/self-check-quiz/>

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