

Problem with gambling?

A Guide to seeking help and advice



The Gaming & Leisure Association of Ireland

For most people, gambling is an enjoyable pastime, which can be taken or left on any given day. For a few people, gambling has long lost its fun element and has instead become a major problem, leading to the loss of perspective, money, relationships, friends and sometimes even jobs. If you are of the opinion that gambling is no longer a source of fun and entertainment for you, than this leaflet should provide you with some help on seeking expert assistance.

DO YOU HAVE A GAMBLING PROBLEM?

Gambling addiction manifests itself differently in each person. However, there are indicators that should help you to recognise that you have a problem and that it needs to be dealt with.

Has your involvement in gambling put your job, relationships or education at risk? Do you use gambling as a way to escape from other problems? When you lose whilst gambling are you desperate to gamble again as soon as you possibly can? Do you gamble every last cent, including the money you need for food and transport? Have you lied, stolen or borrowed money to gamble? Do you chase losses quickly? Are you in debt because of gambling? Do you hide the amount you gamble, both in terms of time and money? Do arguments or everyday stresses make you want to gamble?

DOES THIS PAINT THE PICTURE OF YOUR LIFE?

***IF SO, IT MAY BE TIME TO GIVE YOURSELF A BREAK,
STEP BACK, AND TRY TO LET OTHERS HELP YOU....***

WHO CAN HELP AND HOW?

The following is a list of organisations that are experienced in listening and helping people overcome their gambling addictions. The best thing you can do right now is to call one of them, taking the first small step to regaining a balance in your life.*

Gamblers Anonymous



Dublin (01) 8721133;
Cork (087) 2859552;
Galway (087) 3494450

A self-help fellowship of compulsive gamblers wanting to address their gambling problems. Gamblers Anonymous meets weekly, and throughout the country.

The Samaritans

Tel: (1850) 609090

The Samaritans provide confidential non-judgemental support, 24 hours a day for people experiencing feelings of distress.

Other centres across the country that provide addiction treatment and continuing care services:

The Rutland Centre, Dublin

Tel: (01) 4946358

Bushypark Treatment Centre, Ennis

Tel: (065) 6840944

Tabor Lodge, Cork

Tel: (021) 4887110

Talbot Grove, Castleisland

Tel: (066) 7141511

Hope House, Foxford

Tel: (094) 9256888

Aisieri, Cahir

Tel: (052) 41166



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* All details provided in this leaflet are for information purposes only.