



ARE YOU A COMPULSIVE GAMBLER?

Take a look at a typical questionnaire as commonly used by several gambling anonymous agencies. See if these questions apply to you or someone you know. These questions are provided to help the individual decide if he or she is a compulsive gambler and wants to stop gambling.

- *Did you ever lose time from work or school due to gambling?*
- *Has gambling ever made your home life unhappy?*
- *Did gambling affect your reputation?*
- *Have you ever felt remorse after gambling?*
- *Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?*
- *Did gambling cause a decrease in your ambition or efficiency?*
- *After losing did you feel you must return as soon as possible and win back your losses?*
- *After a win did you have a strong urge to return and win more?*
- *Did you often gamble until your last dollar was gone?*
- *Did you ever borrow to finance your gambling?*
- *Have you ever sold anything to finance gambling?*
- *Were you reluctant to use "gambling money" for normal expenditures?*
- *Did gambling make you careless of the welfare of yourself or your family?*
- *Did you ever gamble longer than you had planned?*
- *Have you ever gambled to escape worry or trouble?*
- *Have you ever committed, or considered committing, an illegal act to finance gambling?*
- *Did gambling cause you to have difficulty in sleeping?*
- *Do arguments, disappointments or frustrations create within you an urge to gamble?*
- *Did you ever have an urge to celebrate any good fortune by a few hours of gambling?*
- *Have you ever considered self destruction or suicide as a result of your gambling?*



If you think you that you have exceeded the limits of gaming and is no longer a form of entertainment for you or someone close to you please ask for help or contact one of the following:

Local Agencies

- ☒ Sedqa - Tel: +356 21 494660, +356 2388 5118; Fax: +356 21 441 029; Website: www.sedqa.gov.mt
- ☒ Gambling Anonymous – on Tel: 356 21 896 419; Website: www.caritalmalta.org

International Agencies

- ☒ Global Gambling Guidance Group – www.gx4.com
- ☒ Gordon House Therapy Services - www.gordonhouse.org.uk
- ☒ Gambling Therapy – www.gamblingtherapy.org

- ☒ Your health care provider or mental health professional if symptoms of compulsive gambling are present.