



The Gaming Commission protects gamblers

FPS JUSTICE

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GAMING
COMMISSION

www.gamingcommission.be

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Gambling... What are the stakes for you?

How to stop? Know your limits...

Gambling is primarily a form of entertainment, but can also lead to a lot of problems.

In that case, it becomes an indispensable part of your life, a real drug, which makes you totally lose control of the situation.

This leaflet is not only intended as a preventive action, but to give heart to gambling addicts and remind them that they are not alone in facing the problem. There are people they can count on.



The Gaming Commission's team



Tips

to keep gambling fun :

By taking these tips, you can keep gambling fun. In any case, gambling will never be the solution to your financial, family or other problems, but will only make them worse. Keeping gambling will not solve your gambling debts either.

- Before starting to gamble :
try to set an amount of money and time for you to gamble
- Always be aware :
how much time it is taking you, and How much it costs you
- Don't try to **recoup** your losses
- Don't **gamble** your entire **winnings**
- Bear in mind that ultimately,
you will lose more than you will win.



Addiction

When are you addicted ?

Gambling addiction doesn't happen overnight. It gradually becomes harder to resist the urge to gamble. In the beginning, you perceive gambling as an amusing pastime. Pretty soon, you need more and more money to gamble, you spend more and more time gambling. Borrowed money has to be repaid, and family and friends take second place to gambling. Although you don't notice it immediately, you become dependent on gambling, and it becomes an obsession. Even if somebody says something to you about it, you continue, at all costs. But you can not recoup your losses. Gambling becomes your only interest. It isolates you from the outside world and causes you (financial, health) problems. You lose your zest for living.

Pathological gambling was recognised by the World Health Organisation as an illness in 1980. Up to 1st January 2016, the Gaming Commission was able to help 24,300 people by denying them access to Belgian casinos and gaming halls on a voluntary basis.



Test

Are you gambling too much ?

To test whether gambling is having an influence on your health, you can complete the following test. Answer the test as honestly as possible.

- 1 Sometimes I've felt depressed or anxious after a session of gambling YES NO
- 2 Sometimes I've felt guilty about the way I gamble YES NO
- 3 When I think about it, gambling has sometimes caused me problems YES NO
- 4 Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend gambling YES NO
- 5 I often find that when I stop gambling I've run out of money YES NO
- 6 Often I get the urge to return to gambling to win back losses from a past session YES NO
- 7 Yes, I have received criticism about my gambling in the past YES NO
- 8 Yes, I have tried to win money to pay debts YES NO

Conclusion

This "EIGHT gambling screen" was developed by Sean Sullivan (1999).

If you answered "yes" 4 times or more, it may mean that you have a problem. The result of the test may be different, depending on whether you answer how it used to be or how it is now. If you think that gambling is having a negative impact on your health, it would be advisable to talk about it to your doctor or a person you trust. You can also contact an organisation that provides assistance in your area to discuss your concerns.



Addresses

Who can you contact ?

You can always discuss your problems with your doctor. You can also contact the following centres :

Gaming Clinic Dostoïevski - CHU Brugmann

Place Van Gehuchten 4 - 1020 BRUXELLES - Tel : 02/477.27.77 - cliniquedujeu@chu-brugmann.be - www.cliniquedujeu.be

Gamblers Anonymous Brussels

Avenue Henri Jaspar 117 - 1060 BRUSSELS - Tel : 02/538.08.80 - Mobile : 0477/59.96.75

Clinique des Troubles liés à Internet et au Jeu de Saint-Luc - Service de Psychiatrie

Av. Hippocrate 10 - 1200 BRUXELLES - Tél : 02/764.21.60 - ctij.rdv-saintluc@uclouvain.be

Gamblers Anonymous Flanders (Werkgroep tegen Gokverslaving VZW)

Hazeveld 5 - 1600 SINT-PIETERS-LEEUEW - Tel : 02/532.58.26 - Mobile : 0495/69.00.24

Centrum Geestelijke Gezondheidszorg VAGGA

Boomgaardstraat 7 - 2018 ANTWERP - Tel : 03/285.95.60 - cgg@vagga.be - www.vagga.be

VGGZ CAD Limburg

Salvatorstraat 25 - 3500 HASSELT - Tel : 011/27.42.98 - info@cadlimburg.be - www.cadlimburg.be

Maison du Social of the Province of Liege

Rue Beeckman 26 - 4000 LIEGE - Tel : 04/237.93.23

A gambling exclusion upon request from a third interested party is possible.
For more information, please contact the Gaming Commission.



Help

Telephone hotlines : For help over the phone, call the free phone number of **SOS GAMES: 0800/35 777**, (24/7).

You can also contact :

- Teleonthaal : 106 (nl)
- Télé-accueil : 107 (fr) (24/7)
- Infor-Drogues : 02/227.52.52
- The Druglijn: 078/15 10 20

New

Online help :

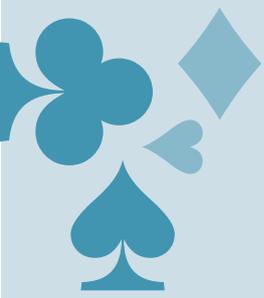
You want to keep your gambling consumption under control ?

Go to this website and take part in the self-help programme free of charge : **www.gokhulp.be** (nl) of **www.aide-aux-joueurs.be** (fr).

Gaming Clinic Dostoïevski : www.gokkliniek.be (nl) www.cliniquedujeu.be (fr) (also has a self-help programme)

Gamblers Anonymous : www.wtgv.be (nl) <http://users.skynet.be/joueurs> (fr)

On the Gaming Commission's website, under the section "Protection of players", you will find more information on organisations that provide assistance in your area: www.gamingcommission.be



Application form for prohibition of access

APPLICATION FORM FOR PROHIBITION OF ACCESS TO CASINO AND GAMBLING HALLS ALSO ONLINE.

Using this form, you can ask to be banned from all casinos (class I) and gambling halls (class II) in Belgium, also online. This can help you in your battle against gambling addiction. A gambling exclusion upon request of a third interested party is possible. For more information, please contact the Gaming Commission.

- 1** Complete the reverse of this form completely and clearly.
- 2** Enclose a copy (front and back) of your identity card or an official identity document from your country of origin.
- 3** Send everything to the following address :
FPS Justice - Gaming Commission - Kantersteen 47 -
1000 Brussels.

Your personal details will be recorded in a database that is managed by the Federal Public Service for Justice. In accordance with the law of 8 December 1992 on the protection of privacy, you can always consult, correct or delete your data. Under no circumstances will it be disclosed to third parties. This document was drawn up in accordance with Article 54, section 3.1 of the Gaming Act 7 of May 1999.

**Remember to add
a copy of your identity card!**

Name	<input type="text"/>		
First names	<input type="text"/>		
Street	<input type="text"/>		
Number	<input type="text"/>	Box	<input type="text"/>
Postcode	<input type="text"/>		
Town	<input type="text"/>		
Country	<input type="text"/>		
Date of birth	<input type="text"/>		
Place of birth	<input type="text"/>		
Nationality	<input type="text"/>		
National register number	<input type="text"/>		

Declaration

I, the undersigned

request the Gaming Commission to deny me access to all casinos and gaming halls, also online.

Date, Signature

Send to

Gaming Commission - Kantersteen 47, 1000 Brussels