

USE RESPONSIBLE GAMBLING TOOLS:

Take advantage of responsible gambling tools offered by casinos, such as deposit limits, cool-off periods, or self-exclusion options.

DON'T BORROW MONEY:

Never gamble with money you borrowed or can't afford to repay. This can lead to financial difficulties and add more stress.

RESOURCES

If you or someone you know is struggling with gambling addiction, **CONTACT US** for support. There are resources available to assist with healthily managing your gambling habits.



Gamban

betblocker

Photo by Sascha Düser on pexels.com

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OR CHAT



WHAT IS RESPONSIBLE GAMBLING?

Responsible gambling means enjoying games in a way that doesn't negatively impact your life or the lives of those around you. It involves setting limits, knowing when to take breaks, and maintaining a healthy balance between gambling and other aspects of life.

WHAT ARE THE BENEFITS?

- IMPROVED MENTAL WELL-BEING AND REDUCED STRESS.
- BETTER CONTROL OVER GAMBLING HABITS LEADS TO A BALANCED LIFE.
- ENHANCED SOCIAL INTERACTIONS AND REAL-LIFE RELATIONSHIPS.
- REDUCED RISK OF GAMBLING-RELATED PROBLEMS.

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GAMBLE
SMART
SAFE
RESPONSIBLY



INTRO

Welcome to our Responsible Gambling leaflet! This informative guide promotes a healthy and balanced gambling approach while ensuring everyone can enjoy gambling safely and responsibly. Whether you're a casual gambler or an enthusiast, these guidelines will help you make informed decisions to maintain a positive gambling experience.

OUR MISSION

To create a broader awareness of the possible causes and consequences of excessive gambling locally - to prevent it and to provide support and advice to problem gamblers and their dependants in their recovery efforts.

WHAT TO DO!

SET A BUDGET:

Before you start gambling, decide on a specific amount of money you can afford to lose and stick to it. Never exceed your budget, and always keep in mind possible repercussions!

KNOW THE ODDS:

Understand the odds of the games you're playing. This knowledge can help you make more informed decisions and manage your expectations more responsibly.

TAKE BREAKS:

Avoid extended gambling sessions. Take regular breaks to refresh your mind and prevent impulsive decisions that can lead you down the wrong path.

AVOID CHASING LOSSES:

Accept that losses are a natural part of gambling. Don't try to recoup losses by increasing your bets, which can lead to further financial problems.

BE MINDFUL OF EMOTIONS:

Don't gamble when you're feeling emotional or stressed. Emotions can cloud judgment and lead to irrational decisions you'll regret later. Always be mindful of the situation and keep your loved ones in mind.

Our Priority is SUPPORT

LIMIT ALCOHOL INTAKE:

Avoid excessive drinking while gambling. Alcohol can impair your judgment and lead to reckless betting.

SET WIN GOALS:

Determine a specific amount you want to win, and if you reach that goal, consider stopping to secure your winnings.



SELF-EXCLUDE