CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Gambling disorder

Persistent and problematic gambling behaviour (gambling, online casino, slot machines) with need to play more, attempts to make up for lost money and financial and family problems.

COMMON SIGNS

- Gambles more and more money or time
- Tries to win back losses
- Lies or gets into debt

TIPS FOR YOU

1. Self-exclude from gambling (in Spain, the national gambling self-exclusion register)
2. Put someone you trust in charge of the money
3. Seek treatment and support groups

FOR FAMILY AND FRIENDS

1. Don't lend money or pay off debts
2. Help limit access to money and gambling

WHEN TO ASK FOR HELP

1. If there are serious debts
2. If thoughts of death appear: 024

TO OBSERVE AND NOTE DOWN

☐ I gamble more money or time than I intended

☐ I need to bet more to feel the thrill

☐ I try to win back what I've lost

☐ I have lied about how much I gamble

☐ I have borrowed money or got into debt because of gambling

☐ I get nervous if I can't gamble

☐ I have tried to stop without success

☐ Gambling has caused me family or work problems

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/juego-patologico-ludopatia
- FEJAR: Spanish federation of recovering gamblers: https://www.fejar.org/
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112