

Contacts for affected persons and relatives

Anton Proksch Institut
Stiftung Genesungsheim Kalksburg
A-1230 Wien, Gräfin Zichy Strasse 6
Tel.: +43 1 880 10-0

Addiction Competence Centre Baden
Tel.: +43 2252-25 94 47
Addiction Competence Centre Wr. Neustadt
Tel.: +43 2622-320 07

Telefon-Helpline der Medizinischen Universität Wien/AKH
Tel.: +43 664 856 99 40

Spielsuchthilfe
Siebenbrunnengasse 21/DG
A-1050 Vienna
Tel.: +43 1 544 13 57
Appointments arranged by telephone

Selbsthilfegruppe Anonyme Spieler
Leopold-Gattringer-Straße 85
A-2345 Brunn am Gebirge
Tel.: +43 660 123 66 74
Appointments arranged by telephone

Institut Glücksspiel & Abhängigkeit
Emil-Kofler-Gasse 2
A-5020 Salzburg
Tel.: +43 662 874030-0
Appointments arranged by telephone

Helpline Steiermark
Helpline der Wirtschaftskammer Steiermark
für pathologische Automatenspieler
Tel. (toll free): 0800/204 203

Information and contact addresses in the Internet
www.gluecksspielsucht.at

www.novomatic.com



Sources of Help

We have provided a consultation possibility especially for you to talk with qualified specialists from the field of addiction treatment. A team of professional therapists are happy to advise you at your request anonymously and free of charge and, if need be, they can refer you to suitable facilities close to you. You will find detailed information on this subject on the inside of the folder, or you can also retrieve it on the website www.gluecksspielsucht.at.



When your luck starts to run out...

»How to get lucky again in the misfortune of addiction through early professional help.«

Prof. Michael Musalek

ADMIRAL

www.gluecksspielsucht.at



Are you at risk?

Games of chance and betting that are offered to the public are a thrilling form of entertainment and recreation, however they can also become an uncontrollable passion. Hence, there is a risk that games of chance as well as betting could degenerate into an uncontrolled habit that can lead to a host of problems.

Players or alternatively betters invest an increasing amount of time and money, which paves the way for it to develop into an addiction.

We want to prevent this smooth transition. Prevention is necessary in good time so that the fun and excitement of betting or gaming are not lost.

	YES	NO
Are there times when you absolutely have to gamble/bet although it originally was not your intention/desire?	<input type="checkbox"/>	<input type="checkbox"/>
Have you tried to give up gambling/betting at some time and were not successful?	<input type="checkbox"/>	<input type="checkbox"/>
Have you often missed appointments/meetings because of gambling/betting?	<input type="checkbox"/>	<input type="checkbox"/>
Do you gamble/bet especially if you're are bored/stressed/are feeling down?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have money troubles because of your gambling/betting spending?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have family problems because of your frequent gambling/betting?	<input type="checkbox"/>	<input type="checkbox"/>
When you think about gambling/betting, do you feel any bodily symptoms like a racing heart, clammy hands, »tingling inside«?	<input type="checkbox"/>	<input type="checkbox"/>
Are you suffering under your gambling/betting habits?	<input type="checkbox"/>	<input type="checkbox"/>
Do you believe that you can »crack« the gambling system or predict the betting results?	<input type="checkbox"/>	<input type="checkbox"/>
Are your thoughts often preoccupied with number combinations, winnings, offsetting losses or betting possibilities, betting and sports results?	<input type="checkbox"/>	<input type="checkbox"/>
Do you try to cover up your gambling/betting passion?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered one or more questions with »Yes«, then you should give some thought to your gambling or betting habits. We can help you do this.
Contact one of our staff in confidence.

Luck can't be forced

- Never gamble/bet above the amount of money that you specified in advance.
- Independent of wins or losses, never fail to stop gambling/betting at the amount of the bet that you specified in advance.
- Never gamble/bet if you can't afford it financially.
- Never gamble/bet if you have to go into debt because of your gambling/betting, or alternatively never with borrowed money.
- Never gamble/bet with money that you actually wanted to spend on something else (e.g. gift for child, rent, repairs, etc.).
- Never use gambling/betting to cope with unpleasant feelings.
- Never use gambling/betting to combat stress.
- Set limits for the amount of time spent gambling/betting.
- Never gamble/bet if you have to neglect or abandon social and/or professional activities for it.
- If you increase your frequency of gambling, then take a break.

If you have the feeling of no longer having control over your gambling/betting activities, then contact a suitable consultation centre.

Keep control over your habits and don't let your habits control you!