

DO YOU CONTROL YOUR PLAYING?

In order to find out, complete the following test:

- You have difficulties fixing or sticking to time or money limits, when you play:
☐ Always ☐ Often ☐ Never
- Playing is your only way of combating stress or avoiding things that are worrying you:
☐ Always ☐ Often ☐ Never
- You prefer to play on your own:
☐ Always ☐ Often ☐ Never
- You do not know exactly how much time you spend playing:
☐ Always ☐ Often ☐ Never
- You do not know exactly how much money you spend playing:
☐ Always ☐ Often ☐ Never
- You are unable to speak openly about your participation or the amount of money that you have spent whilst playing:
☐ Always ☐ Often ☐ Never
- When you lose, you do not stop playing and you attempt to win back any losses:
☐ Always ☐ Often ☐ Never
- At times, you cannot say no to playing:
☐ Always ☐ Often ☐ Never

Mostly "Never" Your participation in gaming or gambling poses little risk and you keep a level head. You should continue to participate on a moderate and occasional basis.

Mostly "Often" Think! You need to consider your playing behaviours. Your freedom to choose when and how you play may sometimes be a problem.

Mostly "Always" Be careful! You have difficulties in fixing limits and a tendency to lose control of your game playing. Game playing takes too much of a central role in your life, it is more than simply a form of entertainment. There is no need to be alone with this problem, speak to someone and ask for help.



ANY QUESTIONS?

Has this leaflet raised any questions? Are you concerned about your own gambling or gaming difficulties? Do you know a friend or relative with this type of problem? If so, you can find help and additional information from the Centre du Jeu Excessif (CJE). We are a specialist unit of the CHUV created with the support of the Service de la santé publique in Vaud.

www.jeu-excessif.ch

www.gambling-problems.ch

www.gioco-eccessivo.ch

www.glueck-spiel.ch

Centre du jeu excessif

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WHAT TYPE OF PLAYER ARE YOU?

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DO YOU ENJOY GAMBLING, GAMES OF CHANCE OR VIDEO GAMES?

Information that may interest you:

Playing the lottery, betting on sporting events, casino games, slot machines, poker or video games are enjoyable activities. However, a significant proportion of players find that their interest lessens over time. Unfortunately, certain individuals become less and less able to control their playing and to stop when they want to, or when they have reached their financial limits.

When occasional, recreational playing changes to become a problem, or dependence, it is called excessive gambling or gaming.

The progression from occasional, recreational playing and excessive gaming or gambling can be rapid.

WHAT ARE THE SIGNS OF EXCESSIVE GAMING OR GAMBLING?

Some signs are:

- Playing to avoid your problems or negative emotions such as sadness or fear.
- Spending increasing amounts of time playing games.
- Constantly thinking about games or gambling.
- Neglecting your family, friends, schoolwork or work, as a result of playing.
- Telling lies in order to hide your game playing activities.
- Committing offences in order to play.

Excessive gaming or gambling are behaviours that can lead to dependence, in a similar way to substance use.

Certain types of video games (consoles, arcade games and computers), which are not games of chance or gambling, can also have negative consequences. In other cases, different types of games on the internet or spending money on the internet can lead to difficulties similar to excessive gambling or participating in games of chance.

Shame and silence contribute towards maintaining or increasing the consequences of excessive playing.

GAME PLAYING AND GAMBLING CAN REMAIN RECREATIONAL



In order to do this it is important to:

- Play only to entertain yourself.
- Fix time limits for your play.
- Fix limits for the amount of money to be spent on games or gambling.
- Know how to say no, on certain occasions.
- Vary your activities and interests.
- Speak openly about your game playing.
- Take steps to seek support.

