



## Oasis Partnership Advice Booklet

### Online Gambling



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At Oasis we are aware that people do have problems with gambling and sometimes this is linked to alcohol or drug misuse. People may be drinking more alcohol to hide behind gambling/debt problems, or it may be that gambling occurs after drinking alcohol or using drugs, which comes with its own problems.

Gambling and particularly online gambling is, in our opinion going to become a much bigger problem in society. There seems to be a mass of advertising on television and elsewhere.

People say it is too easy to gamble online without realising that you are spending so much.

***“...it feels like I’m not playing with my own money... until I get my credit card bill. I would go online, gamble on the slots and sometimes I would win, sometimes I would lose, I thought I was coming in about equal. Five months later I am over £8000 in debt. I had never gambled before... ever. The only way I managed to stop was to ban myself from each website. That was quite easy to do, and I managed not to gamble, until I saw a new gambling website being advertised, one that I had not banned myself from. A few glasses of wine later and I’m online registering myself for this new site. £200 later and I banned myself from that site. I am such a mug.”***

JM, Service user



## Online gambling: The do's and don'ts

- Gambling is not advised if you are in recovery for any dependency or are under the influence of alcohol or any other substance
- Try and establish limits for purchasing, wagering and even losses before you commence gambling. Daily deposit limits can be set usually by yourself online or by contacting the sites Customer Services department
- Try to consider how long you wish any gambling session to last before commencing and be sure to keep an eye on the clock
- Try not to let gambling interfere with your daily responsibilities.
- Do not turn to gambling as an alternative source of income or as a way to recoup debt.

### **If you feel you may have a problem with your gambling, ask yourself the following questions:**

- Do you stay away from work or college to gamble?
- Do you gamble to escape from a boring or unhappy life?
- If when gambling you run out of money, do you feel lost and in despair, and need to gamble again as soon as possible?
- Do you gamble until your last penny is gone, even the bus fare home or the cost of a cup of tea?
- Have you ever lied to cover up the amount of money or time you have spent gambling?
- Have others ever criticised your gambling?
- Have you lied, stolen or borrowed just to get money to gamble or pay gambling debts?

- Are you reluctant to spend 'gambling money' on anything else?
- Have you lost interest in your family, friends or other pastimes?
- After losing, do you feel you must try and win back your losses as soon as possible?
- Do arguments, frustrations or disappointments make you want to gamble more?
- Do you feel depressed or suicidal because of your gambling?

The more you answer 'yes' to these questions, the more likely it is that you have a serious gambling problem and may wish to seek help and advice through the channels outlined above.

## Some tips to help you stay in control

### **Self Exclusion:**

For those customers who wish to restrict their gambling, most websites provide a self-exclusion facility enabling customers to close their account or accounts for a minimum period of six months up to five years as requested. Unless you request self-exclusion, any account that is simply 'closed' can be re-opened at any time.

### **Account Restrictions:**

You may feel more comfortable using some online services than others and as such most sites offer the facility for you to be able to restrict access to certain products.

In the event you wish to restrict the access of your account to any areas on a site then you should contact customer services.

### **Deposit Limit:**

Most sites offer customers the facility to limit the amount of money that they are able to deposit into their account in any rolling 24-hour period. This is a good tool to use if you want to gamble but be in more control.

### **Parental Controls:**

There are a number of third party applications available that parents or guardians can use to monitor or restrict the use of their computer's access to the Internet. These include :

Net Nanny filtering software protects children from inappropriate web content: [www.netnanny.com](http://www.netnanny.com)

CYBERSitter filtering software allowing parents to add their own sites to block: [www.cybersitter.com](http://www.cybersitter.com)

**If you would like further advice or help with responsible gambling, then contact one of the organisations whose details are provided below:**

#### **Gamble Aware**

[www.gambleaware.co.uk](http://www.gambleaware.co.uk)

#### **Gamblers Anonymous:**

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

#### **GamCare:**

UK Based Helpline: **0808 802 0133**

Or through their website at [www.gamcare.org.uk](http://www.gamcare.org.uk)

#### **Gambling Therapy:**

Get help through their website at [www.gamblingtherapy.org](http://www.gamblingtherapy.org)