



Responsible Casino Gaming

We consider it very important to provide information about the risks of casino gaming, and especially to protect young people from developing unhealthy gaming habits. The younger people are the more receptive they are to develop dependence.

Casino gaming problems are often associated with shame, and most of those affected have difficulty in admitting it, even for themselves. Therefore, all Paf employees who work with customers get responsible gaming training when they start working. The responsible gaming training is thereafter an ongoing learning process with in Paf.



Play it safe

1. First, establish a limit for your casino games.
2. Don't take more money with you than you can afford to lose. That includes credit cards, debit cards, and cheques.
3. Always be totally truthful and open about your casino gaming.
4. Never think that you will be able to win back your losses by playing some more.
5. Don't spend more time or money than you are prepared to tell your family and friends.



Do you feel like you might have lost control?

Sometimes people lose full control of their level of playing at those times it might be a good idea to talk to someone and get some useful advice.

If you believe that your gambling behaviour has changed, please try this quick self-test. The questions below can be used to give you an idea of whether your gaming behaviour is in the danger zone.

1. | Do you constantly think about playing?
2. | Do you have to play with a growing amount of money in order to attain the desired feeling of excitement?
3. | Have you tried and failed many times to control, limit or stop your gaming?
4. | Are you restless or irritable when you try to limit or quit your gaming?
5. | Is your playing a way not to think about your other problems?
6. | After having lost money, do you often return another day, in order to win back previous losses?
7. | Do you lie to the people close to you, to therapists and other people in order to hide the extent of your habit?
8. | Have you committed a crime, such as forgery, fraud, theft or embezzlement, in order to finance your gaming?
9. | Have you jeopardized or lost an important personal relationship, position, education or career opportunity because of your gaming?
10. | Are you counting on others to arrange money for you to solve a financial crisis which may arise as a result of your gaming?

How to get help

If you have honestly answered **YES** to at least five of these questions then you are at great risk of developing a gaming dependency. If you have honestly answered **YES to 3 – 4** of these questions **your gaming habits will likely lead to a dependency** and you should try to reduce your gaming to avoid becoming heavily dependent.

If you have answered **YES to one or two questions**, this can still be a warning. If you go back to play in order to win back previous losses, you are in danger.

If you feel the need to talk to someone or you need support, please consider contacting one of the following organizations.

Gambleaware.co.uk
Free Phone: 0808 8020 133
<http://www.gamcare.org.uk/>

Free Phone: 0808 8020 133
<https://www.gamblingtherapy.org>