

6th Safer Gambling Week



Seek for help

In case you are **worried of your gambling activity** or believe that someone you know might be **suffering from a gambling disorder**, call one of the following help lines free of charge:

Adults 22+:
Advisory Services of the
Multiple Intervention Centre,
Ministry of Health

**Adolescents & young adults
until 22 years old:**
PERSEAS Counselling Centre
for Adolescents and Family



1454



adults from
22+



1456



young adults up to
22
y/o

or you can find the available **treatment centres** on the National Addictions Authority's website at www.naac.org.cy



**Safer
Gambling
Week**

9-15
October
2023

Organiser:



**Safer
Gambling**
safergambling.gov.cy

Gambling is safe,



Only when you follow the rules.



Set money and time limits and stick to them.



Only bet as much money as you are able to spend from your monthly budget.



Avoid gambling when you feel upset or sad.



Don't chase your losses by trying to win back money you've already lost by gambling more.



Take often breaks – go for a walk, have a meal, get some fresh air, give yourself a chance to do something else.

Remember

Don't think of gambling as a way to make money and keep it a fun activity!