

#AGamblingProblemHurts
#WnnersKnowWhenToStop

ABOUT

GamCare Uganda is a local NGO registered with the Ministry of Internal Affairs working to reduce harm caused by gambling through helping problem gamblers and those affected, and encouraging responsible gambling.

Our services include; advocacy and awareness campaigns and programs; counselling and support; provision of self help mechanisms to help keep your gambling in check and a lot more.

Reach out if you, a friend, family member or know anyone who is affected by problem gambling.



SCAN ME



GET SUPPORT.

Reaching out for help and advice is an important step - GamCare Uganda is here to provide that help through a number of support options. Find the option that you're most comfortable with.

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**GamCare
Uganda**

**IS YOU OR A FRIEND OR
FAMILY MEMBER
AFFECTED BY PROBLEM
GAMBLING? WE CAN
HELP YOU..**

Talk to some one, text or request a call back .

0393228819

www.gamcareinitiative.org



WHAT IS PROBLEM GAMBLING

Problem gambling is an urge to gamble continuously despite harmful negative consequences or a desire to stop. Problem gambling can be a serious medical issue and impulse control disorder, which results in not being able to manage the desire to gamble even if the person knows it might hurt their relationships, job or financial status.

AREAS AFFECTED BY THE GAMBLING PROBLEM

Finances

Relationships with friends and family

Isolation

Mental health

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SIGNS THAT YOU HAVE A GAMBLING PROBLEM

- Hiding and lying about the time you spend in the betting center or online gambling
- Choosing to spend money on betting in preference to the needs of you and your family
- Borrowing to gamble hence falling in debt.
- Strictly denying having a problem, even if everyone around you says that there is something to worry about.

FACTS ABOUT BETTING/GAMBLING

- Gambling is not away to make money.
- 99% of gamblers must lose so that 1% can sometimes have big wins.
- Gambling is often done for fun and recreation.

HOW PRACTICE RESPONSIBLE GAMBLING

- Gamble money that you don't need.
- Don't try to get even or win back lost bets.
- Set limits.
- Don't gamble in a bad mood.
- Don't gamble under the influence of alcohol.
- Cultivate other interests.
- Think of your hardwork.

