



Gamban

**A Guide To Gambling
Addiction & Treatment**

An Overview Of Gambling Addiction

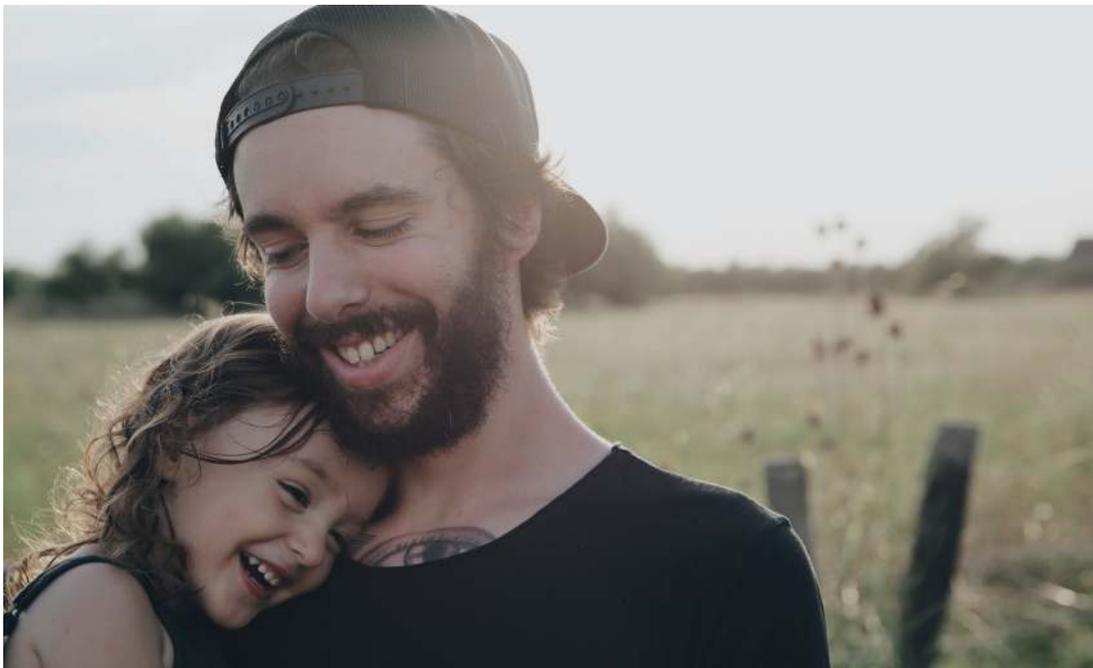
What causes a gambling addiction?

Dopamine in humans can be a powerful driving force. Placing a bet and winning (or losing) triggers a release of dopamine in the brain which is often classified as a 'rush'. It's this release of dopamine that gambling addicts seek when they gamble.

As betting continues the 'rush' becomes subdued and in order to re-ignite that rush, addicts bet higher amounts to trigger a larger release of dopamine. It's this cycle that leads to serious gambling addictions.

The same behaviour can be found in drug addicts, with addicts seeking a higher and higher dose of dopamine released into the brain by increasing the amount of drugs they take.

Compulsive gamblers, like drug addicts, will endure symptoms of withdrawal when separated from the chemical thrill they seek.



Phases Of Gambling Addiction

There are four core phases of a gambling addiction

1.) Winning Phase (3-5 Years)

When a gambler makes a 'big win' it can lead a gambler to feel they have a 'special talent' or that they know something everyone else doesn't. As a result, gamblers begin spending greater amounts of time and money on gambling.

2.) Losing Phase (5+ Years)

The losing phase sees gamblers becoming more and more preoccupied with gambling. They will regularly gamble alone, borrow money, miss class or work, lie to family and friends and often default on debt repayments.

3.) Desperation Phase (how long this phase lasts varies)

Desperation occurs when a gambler loses all control over their addiction. They regularly feel ashamed and guilty after gambling, but they can't stop. They may cheat or steal to finance their addiction. As their addiction grows it's often seen that people in this phase of a gambling addiction will lose their jobs, get divorced or be arrested.

4.) Hopeless Phase

The hopeless phase is when a gambler hits 'rock bottom'. They don't feel that anyone cares or that help is possible for them. Suicidal tendencies are common with gambling addicts through not caring if they live or die. They regularly abuse alcohol and drugs to numb the pain and to maintain a 'dopamine high'. They are often angry and blame other people for their situation. Criminal activity will often increase, as will financial difficulties.

The Steps To Recovery From A Gambling Addiction

Researchers estimate that more than 80 percent of gambling addicts never seek treatment in the first place. And of those who do, up to 75 percent return to the gambling, making prevention all the more important.

Recovering from a gambling addiction is a multi layered process and can be comprised of a number of treatments.

Each treatment has its benefits to an addict, however, the key to breaking a gambling addiction is to break down fallacies about gambling and learning to manage the addiction. This is achieved through a staged recovery process.

1.) Breaking down gamblers fallacies

The gambler's fallacy is a thinking error wherein people believe that the outcome of a chance-based event is influenced by previous outcomes. For example, if a coin toss turns up heads five times in a row, a person may be inclined to believe that the next toss is due to be tails, as a sixth consecutive result of heads is impossible. However, the chance of getting tails on the next toss is exactly the same as it was for each previous toss: 50/50. The results of the past tosses have absolutely no influence on the subsequent outcomes.

Forcing an addict to understand this fact and break down their thinking error is the first step in treating a gambling addiction.

2.) Replacing Gambling In Your Life

Having something to fill the time that is usually spent gambling is key. Shifting your attention to something more positive or constructive will help to distract an addict's mind from their urge to gamble.

3.) Get Support

A strong support group such as gamblers anonymous will significantly help to monitor and track recovery progress.

4.) Cognitive Behavioural Therapy

This form of therapy attempt to alter 'core beliefs' relating to a gambling addiction.

Cognitive Behavioural Therapy helps to verbalise these beliefs so an addict can then challenge and exchange these beliefs for healthier alternatives that do not fuel your addiction to gambling.

5.) Medication

Addicts will commonly suffer from depression due to lower levels of norepinephrine and serotonin. Medication can be used to increase serotonin levels which makes addicts feel happier and less depressed, this is known to decrease the occurrence of gambling.

6.) Psychotherapy

Psychotherapy will help an addict identify events in their past that may be causing an addiction to gambling. Psychotherapy will also help you overcome negative emotions tied to a current or past addiction to gambling. These emotions typically include hopelessness, shame and guilt. In time, psychotherapy will help you overcome these negative emotions so an addict is able to move on with their life.



Helplines And Support

Europe

United Kingdom

National Problem Gambling Helpline (GamCare): +44 (0)808 8020 133

GamCare: +44 (0)20 7801 7000

Breakeven: +44 (0)1273 833722

The Beacon Counselling Trust: +44 (0)151 321 1099

National Problem Gambling Clinic: +44 (0)20 7381 7722

Addiction Recovery Agency: +44 (0)117 930 0282

BetKnowMore: +44 (0)800 066 4827

All Out: +44 (0)7851 494 927Krysallis: +44 (0)1423 857939

Aquarius +44 (0)300 456 4293

Cumbria Counselling group: +44 (0)1946 820 230

Derman +44 (0)20 7613 5944

IMPACT Alcohol & Addictions Services +44 (0)1952 223 165

North East Council on Addictions +44 (0)191 562 3309

Options +44 (0)23 8063 0219RCA

Trust +44 (0)141 887 0880

Steven James Counselling +44 (0)1202 740 044

Gamblers Anonymous Scotland Helpline: +44 (0)370 050 8881

Newport Citizens' Advice Bureau: +44 (0)7763911804

Living Room Cardiff: +44 (0)29 2049 3895

Gamblers Anonymous UK +44 (0)20 7384 3040

UK Gambling Commission: +44 (0)121 230 6666

GambleAware: +44 (0)20 7287 1994

We recommend signing up to GAMSTOP in addition to gamban® for added protection.

Ireland

Problem Gambling Ireland: 0892415401

Gamblers Anonymous Dublin: 018721133 / 0872859552

Dunlewey Addictions Services: 0800886725

Rutland Centre: 014946358

Sweden

Stodlinjen: 020 81 91 00

Spelkliniken: 0734 488745

Spelbehandling: 0708 16 08 14

Spelinstitutet: 040-12 60 58

Finland

Peluuri: 0800 100 101

Germany

Gluecksspielsucht Problem Gambling Hotline:

0800 0776611

www.gluecksspielsucht.de

Netherlands

AGOG: National information number: 0900-2177721

Denmark

Center For Ludomani: 70 11 18 10

France

Adictel Prevention Addiction: contact@adictel.com 24/7 www.adictel.com

Norway

Hjelpelinjen Helpline: 800 800 40

Switzerland

CarePlay: 041 367 48 47

Portugal

Jogo Responsável: <http://www.jogoresponsavel.pt/>

Italy

ALEA: <http://www.gambling.it/>

Australia

New South Wales gambling helpline 1800-858-858 | www.gamblinghelp.nsw.gov.au

Queensland Problem gambling helpline 1800-858-858 | www.gamblinghelponline.org.au

South Australia Problem gambling helpline: 1800-858-858 | www.problemgambling.sa.gov.au

Victoria Problem gambling helpline: 1800-858-858 | www.problemgambling.vic.gov.au

Western Australia Problem gambling helpline: 1800-858-858 | www.gamblinghelponline.org.au

Gambling Impact Society (NSW) www.gisnsw.org.au

New Zealand

Problem Gambling Foundation of New Zealand Helpline 0800 664 262 <https://www.pgf.nz/>

Hong Kong

Caritas A G Counselling Centre: (852) 1834 633

South Africa

National Responsible Gambling Problem Gambling Counselling Line: 0800 006 008

Kenya

Responsible Gaming Society of Kenya Helpline:- +254780688550

United States

National Council on Problem Gambling National Helpline: 1.800.522.4700 www.ncpgambling.org

California Council on Problem Gambling Problem Gambling Helpline: 1.800.426.2537 www.calproblemgambling.org | WEBCHAT

Florida Council on Compulsive Gambling, Inc. Problem Gambling Helpline: 888-ADMIT-IT www.gamblinghelp.org

Massachusetts Council on Compulsive Gambling Problem Gambling Helpline: 1.800.426.1234 www.masscompulsivegambling.org

Nevada Council on Problem Gambling Problem Gambling Helpline: 1-800-522-4700 www.nevadacouncil.org

New Mexico Council on Problem Gambling Problem Gambling Helpline: 1-800-572-1142 www.nmcp.org

New York Council on problem gambling NYS HOPEline 1-877-846-7369 www.nyproblemgambling.org

Smart Recovery: self-empowering addiction recovery support groups: www.smartrecovery.org

Find state, county and city government offices and public records: <http://www.countyoffice.org>

Canada

British Columbia Partnership for Responsible Gambling Problem Gambling Helpline: 1-888795-6111 | www.bcresponsiblegambling.ca

Responsible Gambling Council (Ontario) www.responsiblegambling.org

The Ontario Problem Gambling Helpline: 1-888230-3505 | www.problemgamblinghelpline.ca



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