

According to the 2020 NCPG Survey, Singapore residents over age 18, 44%

had participated in at least one form of gambling activity.



67% had started gambling before the age of 30

Popular Gambling Activities

- 4D (34%)
- Toto (31%)
- Singapore Sweep (17%)
- Social Gambling (16%)

Early intervention and support are crucial in managing and overcoming problematic gambling.

*Helping you take control,
one step at a time.*

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Sep 2024

Handling Gambling Problems

Support for Gamblers and Their Loved Ones

NATIONAL
ADDICTIONS
MANAGEMENT SERVICE

What is Gambling Addiction?

Gambling may start as a form of entertainment, a way to have fun and socialise. However, for some, it becomes more than just a pastime – it turns into a problem that continues despite negative consequences. Gambling addiction, also known as compulsive gambling, is a serious condition that can affect anyone.

Like drugs and alcohol, gambling can become an addiction that takes control of your life. The thrill of the game, the anticipation of winning, and the urge to chase losses can become overwhelming, leading to a cycle that is hard to break.

Unlike other addictions, gambling is socially acceptable in Singapore, with many enjoying it for the excitement and thrill. It is also seen as a cultural norm that brings people together and, for some, serves as a form of stress relief. With licensed betting centres located in convenient location like supermarket, casinos, and online betting platforms, gambling has become increasingly accessible. It is important to recognise the signs of problematic gambling to keep betting in check.



Are You at Risk?

Recognising the warning signs of gambling can help you or your loved one seek help early.

- Spending more time and money on gambling
- Chasing losses
- Neglecting responsibilities
- Borrowing money to gamble
- Constantly thinking about gambling
- Hiding gambling behaviour
- Experiencing emotional distress
- Struggling to stop gambling

Why Seek Help Early?

Gambling addiction affects not only the gambler but also family, friends, and relationships.

Financial Strain

Mounting debts, frequent borrowing, and the inability to pay bills can lead to financial insecurity for the entire family.

Emotional and Social Impact

Feelings of guilt, anxiety, and depression can strain relationships and cause isolation. Trust between loved ones can break down, making it hard for families to cope.

Health Risk

Poor physical and mental health, including sleep deprivation, stress and anxiety, often accompany gambling addiction.

Recognising these impacts early allows you to take action and seek professional support before the consequences become unmanageable.

Gambling addiction can feel overwhelming, but you do not have to face it alone. Professional help is available and can be a crucial part of your recovery journey.

Why Professional Help?

- Personalised support
- Structured guidance
- Access to resources

Everyone needs support. Just like with any other health issue, it is okay to seek help when gambling becomes a problem. You do not need to struggle in silence. With the right support, you can find relief from the anxiety, guilt, and stress that gambling may be causing in your life.



Treatment and Support

During your first appointment, you will meet with a doctor and an addictions counsellor for a comprehensive assessment. Together, they will explore treatment and recovery options with you to create the best plan for your recovery. Your loved ones are encouraged to participate in the process to learn how they can best support you.

We also provide basic debt management information or refer you to credit counsellors if necessary. All information you share will be kept strictly confidential.

At National Addictions Management Service, we offer a comprehensive range of services for individuals struggling with gambling addiction, as well as their families. Our services include:

Individual Counselling: Personalised therapy sessions to address the root causes of gambling addiction.

Group Counselling: Connecting with others who understand your struggles can play a vital role in your recovery.

Family Counselling: Supporting loved ones in healing together, rebuilding trust, and fostering recovery.

What Persons with Gambling Addiction Want Their Loved Ones to Know:

Persons with problematic gambling may struggle to explain their behaviour, but they want their loved ones to understand that their addiction does not reflect their character or a lack of willpower. It is important to approach them with compassion and without judgement.

How you can support them:

Listen Without Judgment: Avoid blame or criticism. Let them know you're there to listen and support them, not to pass judgement.

Encourage Professional Help: Suggest resources like counselling or support groups, and offer to help them in finding and connecting with these services.

Avoid Enabling Behaviour: Refrain from lending money or covering their debts. Instead, provide emotional support and help them discover healthier coping strategies.

Educate Yourself: Learn about gambling addiction to better understand what they have going through and how to support their recovery.

Stay Connected: Maintain your relationship and stay involved in their life, offering encouragement and positivity.

Take Care of Yourself: Prioritise your own mental and emotional well-being so that you can provide the best support possible.