

# Informacije za roditelje i staratelje znakovi koji ukazuju da je kockanje postalo problem

## Znakovi da vaš sin ili kćerka možda ima problem u vezi s kockanjem uključuju:

- Puno vremena provodi u kockanju i razmišljanju o kockanju.
- Izostaje s nastave ili ima sve lošije ocjene, jer troši vrijeme na kockanje.
- Sve češće i sve više kocka, da održi interes i uzbuđenje koje kockanje donosi.
- Doživljava nagle promjene raspoloženja i ako ne kocka redovno ili ako pokušava smanjiti ili prestati kockati, što ih stavlja pod stres.
- Obećava da će prestati ili smanjiti kockanje, ali se ne pridržava te namjere.
- Laže ili krije svoje kockarske navike.
- Gubi lične stvari ili ne uspijeva pokriti redovne troškove, jer taj novac troši na kockanje.
- Od članova porodice ili prijatelja pozajmljuje ili uzima novac za kockanje.
- Nastavlja kockati jer vjeruje da može povratiti izgubljeni novac i onda prestati s kockanjem.
- Kockanje postaje izlaz ili način da zaboravi na svoje probleme.
- Članovi porodice ili prijatelji se plaše da će kockanje vašeg sina/kćeri prerasti u ozbiljan problem.
- Osoba kojoj kockanje postaje problem ne mora pokazivati sve navedene znakove.

## Ako vjerujete da vaše dijete kocka ili prekomjerno kocka, imate niz opcija, uključivši stručnu pomoć. Ovdje se navode opšte smjernice koje možete slijediti:

- Informišite se o kockanju i s tim povezanim rizicima.
- Preispitajte svoje vlastite navike i stavove u odnosu na kockanje.
- Podstaknite razgovor i postavljajte pitanja o kockanju.
- Saslušajte šta vam dijete govori.
- Ako problem nije postao prevelik, ograničite vrijeme kada se može kockati, koliko često i koliko novca može potrošiti na kockanje.

Gdje se možete obratiti za pomoć



Communities NSW



**NSW Multikulturalna služba za pomoć kod ovisnosti o kockanju /**

**Besplatan broj 1800 856 800**

**Telefonska služba za pomoć oko kockanja 1800 858 858 (24 sata / 7 dana sedmično)**

# Advice for parents and carers

## Signs of problem gambling

### Some signs that your son or daughter may have a gambling problem include:

- Spends lots of time gambling and thinking about gambling.
- Misses school or grades start to worsen because of time spent gambling.
- Starts to place larger and more frequent bets to maintain interest and excitement produced by gambling.
- Experiences mood swings and feels stressed when not gambling regularly or trying to reduce or stop gambling.
- Promises to stop or reduce their gambling but has trouble following through with plan.
- Lies or is secretive about gambling activities.
- Missing personal belongings or cannot cover regular expenses as he/she has used these to finance gambling activities.
- Borrows or takes money from family members or friends to gamble.
- Keeps on gambling because they believe that they can win back their money and stop.
- Gambles as a means of escape or to forget their problems.
- Family members or friends are concerned that your son/daughter's gambling will become serious.
- An individual at risk will not necessarily exhibit all these behaviours.

### If you think your child is gambling or gambling too much you have options including seeking professional help. Here are some general steps to follow:

- Get informed about gambling and its risks.
- Be aware of your own gambling behaviour and beliefs.
- Encourage discussion and questions about gambling.
- Listen to what your child has to say.
- Set limits of time, money and frequency of gambling if problems are not severe.

**WHERE TO GET HELP**



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**Multicultural Problem Gambling Service for NSW Tollfree 1800 856 800**  
**Gambling Help Line 1800 858 858 ( 24 hours / 7 days a week).**