

Informacije za roditelje i staratelje pokazatelji problema s kockanjem

Pokazatelji da Vaš sin ili kćerka možda ima problem s kockanjem uključuju:

- Provodi puno vremena u kockanju i razmišljanju o kockanju.
- Propušta nastavu ili dobiva sve lošije ocjene, jer troši vrijeme na kockanje.
- Kladi se sve češće i na sve veće sume, da održi interes i uzbuđenje koje kockanje donosi.
- Ima nagle promjene raspoloženja i bude pod stresom ako ne kocka redovito ili ako pokuša smanjiti ili prestati kockati.
- Obećava da će prestati ili smanjiti kockanje, ali se ne pridržava tog plana.
- Laže i taji svoje kockarske navike.
- Gubi osobne stvari ili ne uspijeva pokriti redovite troškove, jer taj novac potroši na kockanje.
- Od članova obitelji ili prijatelja posuđuje ili uzima novac za kockanje.
- Nastavlja kockati jer vjeruje da može vratiti izgubljeni novac i onda prestati kockati.
- Kockanje postaje utočište ili time zaboravlja na svoje probleme.
- Članovi obitelji ili prijatelji se plaše da će kockanje Vašeg sina/kćeri postati ozbiljan problem.
- Pojedinaac kojem kockanje postaje problem ne mora pokazivati sve navedene promjene ponašanja.

Ako smatrate da Vaše dijete kocka ili prekomjerno kocka, imate niz opcija, uključujući stručnu pomoć. Ovdje su navedene opće smjernice kojih se možete pridržavati:

- Informirajte se o kockanju i s tim povezanim rizikom.
- Preispitajte vlastite navike i stavove glede kockanja.
- Potaknite razgovor i postavljanje pitanja o kockanju.
- Saslušajte što Vam dijete želi reći.
- Ako problem nije postao prevelik, ograničite koliko vremena se smije kockati, koliko često i koliko novca smije otići na kockanje.

Gdje možete dobiti 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 tjedno)

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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**Diversity
Health
Institute**

Quality Health Care for a Diverse Australia

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