



互動式或網上賭博

…包括通過電腦、手機或其他電子設備使用互聯網來玩撲克、賓戈遊戲、彩票、使用網上賭場、玩體育博彩或推測股市動向。

賭博可以是有趣味的，但如果賭博給你的生活造成了負面影響，那就有問題了。

下列迹象顯示你本人或和你關係密切的人可能出了問題：

- 賭博更頻密並加大了賭注。
- 希望“贏大錢”來解決經濟問題。
- 網上賭博導致負債累累。
- 過去努力減少花在網上的時間或金錢都未能成功。
- 情緒變化（焦慮不安、沉默寡言、生氣、悲傷）。
- 行為變化（對一貫的愛好失去興趣，不注重儀容，錯過重要活動）。
- 熱衷於網上賭博導致忽略或逃避工作、學習或家庭責任。
- 熬夜進行網上賭博，導致次日睡眠不足。
- 對於在賭博上所花的金錢或時間向家人和朋友撒謊。

有關負責任網上賭博的建議：

- 1 登入網站之前，先決定你願意輸掉多少錢，一旦輸掉這個數目，馬上停止賭博，不要試圖翻本。
- 2 假如你好運贏了，決定甚麼時候收手。
- 3 設定一個賭博時限，並堅決遵守。
- 4 在賭博期間設定有規律的休息時間，起身走走，到室外去或和朋友交談。
- 5 提醒自己：賭博遊戲並不是憑技巧取勝，是碰彩的遊戲。
- 6 切勿把賭博當成紓緩緊張或低落情緒的方法。
- 7 如果你偷偷摸摸地賭博或對此撒謊，那麼你或許已染上不良的賭博習慣。
- 8 網上賭博不應是你的主要娛樂形式。
- 9 如果你做不到負責任地賭博，那麼你可以在電腦上安裝軟件，阻止你進入在綫賭博網站。
- 10 賭博不是用來賺錢的。要把賭博看成花錢支付的消遣活動。

原文：Conrad, B(2012) 負責任地賭博 - 致網上賭客的十項建議。來自：www.techaddiction.ca/responsible-gambling-tips.html

到哪裡獲取幫助：新南威爾斯多元文化背景人士問題賭博服務1800 856 800 / 賭博求助1800 858 858

多元文化背景人士問題賭博服務是新州多元文化社區關係委員會(Community Relations Commission for a multicultural NSW)和西悉尼地區健康行政區(Western Sydney Local Health District)的聯合創舉。新南威爾斯政府從“負責任地賭博基金(RGF)”中撥款支持該項目。本出版物中所表達的觀點僅為作者/作者們的觀點。



1800 858 858
www.gamblinghelp.nsw.gov.au



**Multicultural Problem
Gambling Service** for NSW
strengthening people and families

INTERACTIVE OR ONLINE GAMBLING

...includes using the internet through a computer, mobile phone or other electronic device to play poker, bingo, lotteries, use online casinos, place sports bets, or speculate on the stock market.

Gambling can be fun, but is a problem if it is affecting your life in a negative way.

Clues that you or someone close to you may have a problem:

- Gambling more frequently and increasing bets.
- Hoping for a “big win” to solve financial problems.
- Debts that are the result of online gambling.
- Previous attempts to reduce time or money spent online have been unsuccessful.
- Changes in emotions (restless, withdrawn, angry, sad).
- Changes in behaviour (loss of interest in usual hobbies, decreased self care, misses events).
- Ignoring or avoiding work, study or family responsibilities in favour of online gambling.
- Staying up late to gamble online and feeling sleep-deprived the next day.
- Lying to family and friends about money or time spent on gambling.

Tips on how to gamble responsibly online:

- 1** Decide how much you are willing to lose before logging on, and then stop when you reach this point. Do not chase losses.
- 2** If you do happen to win, decide when you will stop.
- 3** Set a time limit for your gambling activity and stick to it.
- 4** Take regular breaks from gambling, where you get up and walk away, go outside or talk to a friend.
- 5** Remind yourself that when playing, games of chance are not games of skill.
- 6** Avoid gambling as a way to manage feeling stressed or depressed.
- 7** If you are secretive or lying about your gambling, you probably have unhealthy gambling habits.
- 8** Online gambling shouldn't be your main form of entertainment.
- 9** You can install software on your computer to block access to online gambling websites, if you cannot gamble responsibly.
- 10** Gambling is not designed to make money for you. View it as entertainment that you pay for.

Source: Conrad, B (2012) Responsible Gambling-Ten tips for online gamblers. Retrieved from: www.techaddiction.ca/responsible-gambling-tips.html

Where to get help: Multicultural Problem Gambling Service for NSW 1800 856 800 / Gambling Help 1800 858 858