

GAMBLING IS A SERIOUS PROBLEM, AND IF THE PERSON WHO GAMBLES :

- thinks repeatedly about gambling throughout the entire day
- lies about not being involved in gambling, while their personal and social relationships are affected
- spends increasing amounts of time and money on gambling.
- loses large sums of money and even borrows from friends, relatives, and acquaintances, promising to repay the debt
- returns to gambling, believing they can win back the money they lost
- shows irritability and nervousness when unable to gamble.

**PLEASE CHECK HOW MUCH
GAMBLING IS AFFECTING YOU
TAKE OUR TEST AND PROTECT YOURSELF.**

DISCOVER YOUR SCORE

Why do some people continue to gamble despite the negative consequences?

- Because they are conditioned by the feeling of being a winner, they seek to prove it through social mechanisms tied to their personal image and the way they want others to perceive them
- Because they want to show they can influence reality, they believe they possess "the power born of their will."
- Because they are convinced they have reliable mathematical methods to win (this is known as magical thinking).
- Because they become deluded; they believe they can recover the money they lost and continue gambling, accumulating failures.
- Because, unfortunately, gambling involves harmful emotional dynamics of gratification and reward, it often leads to compulsive behaviors.

Get ahead of the gambling before it's too late

In the Piemonte region, specialized centers
and professionals can help you free of charge.
You can book the service whenever you wish
remember, it's anonymous.

find the nearest service to you.



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PLAY AHEAD

A SELF-AWARENESS TEST,
WE'RE HERE TO SUPPORT YOU



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SELF-ASSESSMENT TEST

Consider the last past 12 months and select only one answer for each of the following questions

NEVER SOMETIMES OFTEN ALMOST ALWAYS

0 1 2 3

Have you bet more money than you could realistically afford to lose?

0 1 2 3

Have you felt the need to gamble larger amounts of money to recreate the same feeling of excitement?

0 1 2 3

After gambling, have you returned another day to gamble again with the intention of winning back the money you lost?

0 1 2 3

Have you ever borrowed or sold something in order to use that money for gambling?

0 1 2 3

Have you ever had the feeling that gambling might cause problems for you?

0 1 2 3

Has gambling caused you any health problems, including stress or anxiety?

0 1 2 3

Have some people criticized you for liking to gamble or told you that you have a gambling problem, regardless of whether you believe it's true or not?

0 1 2 3

Would your gambling ever have caused financial problems for you or your family?

0 1 2 3

Have you felt guilty about your gambling and its consequences?

score:

NEVER = 0pt
SOMETIMES = 1pt
OFTEN = 2pt
ALMOST ALWAYS = 3pt



results:

0 pt = NO RISK
1-2 pt = MINIMAL RISK
3-7 pt = MODERATE RISK
8+ pt = PROBLEMATIC GAMBLING