

Information on responsible gambling

As a Lottery provider (Lotteries are classified as a form of gambling) it is a requirement of the Scottish National Party (SNP) to provide information on where help is available if you are concerned that you or someone you know may have a problem with gambling.

Responsible gambling means enjoying betting and gaming as entertainment while staying in control. It's about making informed decisions, setting limits, and recognising when gambling might be becoming harmful rather than fun.

Responsible gambling is under your control, and typical behaviour includes:

- Moderate gambling
- Gambling only with money you can afford
- Quitting while you are ahead
- Setting limits on how much time and money you can afford to spend
- Having fun, or supporting a charity, not investing your money or treating gambling as a source of income
- Not spending more than you can afford, hoping to win back previous losses
- Not letting gambling take over your life
- Not gambling because you are stressed, bored or under the influence of drugs or alcohol.

The vast majority of people gamble responsibly, for some however, gambling can become a problem. If gambling is causing you to worry, you can call the National Gambling Helpline, **GamCare on 0808 8020 133 – 24 hours a day, seven days a week**. GamCare's advisors offer free, confidential advice, information and emotional support. You can also find further information and support by visiting the GamCare website at **www.gamcare.org.uk** for more information.

Gambling is also known as the 'hidden addiction', and quite often the signs are not clear. GamCare provides a very helpful guide to the most common ways to identify if your own or someone else's gambling has become harmful. This guide and support can be found at <https://www.gamcare.org.uk/understanding-your-gambling/signs-of-gambling-harm/>.