

# 問題賭博的徵兆

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- 不停加大賭注去追回輸掉的金錢
- 賭博至身無分文或超過預算
- 不斷借錢賭博致債台高築
- 終日只想著賭博或與人談論賭博
- 利用謊話去掩飾輸、贏或花在賭博上的時間及金錢
- 對他人有關賭博的提問表現抗拒、內疚或爭辯
- 因為賭博的原故，逃學、曠工、失約或遲到，藉口牽強

## 如何負責任地博彩？

- 每次賭博前都預設投注的限額，並確定花費在預算之內。
- 切勿借錢投注或因賭博而舉債。
- 輸錢和贏錢是賭博的定律，切記賭場的贏面永遠高過賭客。
- 贏錢固然是開心，但要接受輸錢的事實，切莫窮“追”輸掉的金錢。
- 要保持平衡的生活，多參與各樣活動。

如欲參考更多資訊，請瀏覽以下網址：  
[www.bcresponsiblegambling.ca](http://www.bcresponsiblegambling.ca) 或  
中文網址 <http://problemgambling.successbc.ca>  
或致電廿四小時熱線：1-888-795-6111

賭博娛樂，適可而止。



# Responsible and Problem Gambling Information

## Responsible Gambling Tips

- Only use money you can afford to lose
- Maintain a balance with other leisure activities
- Remember, the odds always favour the house
- Set a time limit and stick to it

## Signs of Problem Gambling

- Constantly thinking or talking about gambling
- Gambling until your last dollar is gone, spending more than intended, or borrowing money to gamble
- Lying about wins, losses, or time spent gambling
- Feeling defensive, guilty, or arguing when asked about gambling
- Gambling to escape other problems
- Skipping school, work, or time with friends and family to gamble

For more information, check out  
[www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)  
or call **1-888-795-6111 (24 hrs)**

**Know your limit, play within it.**

