

Services and support for gambling disorders

As of 14 July 2025

GAMBLING DISORDER

Research is constantly evolving, and definitions of what constitutes a gambling disorder can vary. The American Psychiatric Association defines a gambling disorder as a pattern of repeated and ongoing gambling behaviour that continues despite creating multiple problems in several areas of an individual's life.¹ It is also called gambling addiction, problem gambling or compulsive gambling and can lead to problems with finances, relationships and work, and even potential legal issues. At least four of the following indicators can suggest a gambling disorder:

- Frequent thoughts about gambling (such as reliving past gambling or planning future gambling).
- Need to gamble with increasing amounts to achieve the desired excitement.
- Repeated unsuccessful efforts to control, cut back on, or stop gambling.
- Restlessness or irritability when trying to cut down or stop gambling.
- Gambling when trying to escape from problems or negative mood or stress.
- Often gambling when feeling distressed.
- After losing money gambling, often returning to get even. (This is referred to as "chasing" one's losses.)
- Lying to hide the extent of gambling involvement.
- Losing important opportunities such as a job or school achievements or close relationships due to gambling.
- Relying on others to help with money problems caused by gambling

SERVICES FOR GAMBLING DISORDER

If you or someone you know is having problems controlling gambling, contact a support service near you. We are not able to vouch for the effectiveness or quality of the services below. See also list of gambling support apps at the end of this resource.

Index of Support Services:

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AFRICA

Egypt

Good Hope Addiction Clinic

<https://goodhope-eg.com/en/clinics/>

Kenya

Gamhelp Kenya

<https://gamhelpkenya.com/>

¹ Taken from the American Psychiatric Association's website on 'What is Gambling Disorder'.

Call: +254700656284 or +254725492006
Email: info@gamhelpkenya.org

South Africa

South African Responsible Gambling Foundation
<https://responsiblegambling.org.za/>
Free counselling line: 0800 006 008
WhatsApp/ SMS HELP to 076 675 0710
Email: helpline@responsiblegambling.org.za

ASIA

Hong Kong

Problem Gambling Counselling and Treatment Services
www.hkjc.com/responsible-gambling/en/problem/help.aspx
Gambling Counselling Hotline: 1834 633
Caritas Hong Kong
www.gamblercaritas.org.hk/

India

Tele-MANAS free mental health support
<https://telemanas.mohfw.gov.in/>
Call 14416
Jeevan Aastha Helpline, Mental Health Counseling (including addictions)
www.jeevanaastha.com
Helpline: 1800 233 3330
Email: jeevanaastha@jeevanaastha.com

Indonesia

Sivana Bali Gambling Addiction Treatment
www.sivanabali.com/gambling-addiction-treatment/

Japan

Gambling Addiction Prevention and Recovery Support Center
www.gaprsc.or.jp/
Call: 0120-683-705
The Society Concerned about Gambling Addiction
www.scga.jp
Call: 070-4501-9625
Email: info@scga.jp

Macau

24-hour gambling counselling hotline and online counselling
www.24gcho.org
Email: 24hhogs@skhwc.org.mo
Whatsapp: 6328 7371
Wechat: skh24hli
Facebook: www.facebook.com/24hli

Malaysia

Mental Illness Awareness & Support Association
<https://miasa.org.my/>
Crisis Helpline: [1800 180 066](tel:1800180066)
Crisis Whatsapp: [03-9765 6088](tel:0397656088)
Solace Live for Life

www.solaceasia.org/our-center/problem-gambling-rehab

Philippines

Gamblers Anonymous Pilipinas

Call: 0917-509-4080

Email: info@gaphilippines.org

www.facebook.com/groups/gapilipinas

Singapore

National Council on Problem Gambling - Singapore

www.ncpg.org.sg

Helpline: 1800 6 668 668

South Korea

Korea Problem Gambling Agency

www.kcgp.or.kr

Helpline: 1336

EUROPE

Austria

Gaming Help

www.spielsuchthilfe.at

Helpline: (1) 544 13 57

Email: therapy@spielsuchthilfe.at

Belgium

Gambling Help

<https://gokhulp.be/zelfhulp>

Free SOS SPELEN 0800 35 777

Bulgaria

National Drugs, Alcohol and Gambling Helpline

www.drugsinfo-bg.org

Helpline: 0888-99-18-66

Czechia

Gamblers Anonymous Czech Republic

<https://anonymnigambleri.cz/>

Denmark

Stop The Game

www.stopspillet.dk/

Helpline: 70 22 28 25

Estonia

Gambling Addiction Counselling Center

<https://15410.ee>

Call: 15410

Email: info@15410.ee

Finland

Peluuri

www.peluuri.fi/en/about-us/our-services

Helpline: 0800 100 101

France

Prevention and support for problem gamblers

www.adictel.com

SOS Players – for gambling addiction

<https://sosjoueurs.org/>

Call: 09 69 39 55 12

Germany

Check Your Game

www.check-dein-spiel.de/hilfe-fuer-spieler/

BIÖG advice line for gambling addiction: 0800 1 37 27 00

Greece

Kethea gambling treatment

www.kethea.gr/en/need-help/tychaira-paichnidia/

Call 1114

Mail 1114a@kethea-alfa.gr

Ireland

Gambling Care

<https://gamblingcare.ie/>

National Helpline: 1800 936 725

Isle of Man

Problem Gambling Support Service

Freephone: 08081624627

<https://motiv8.im/service/gambling-aware/>

www.facebook.com/iomgamblingservice/

Italy

Gambling Online Therapy

<https://gioca-responsabile.it/>

Helpline: 800 151 000 800

Responsible Gaming Association

<https://giocoresponsabile.info/aiutare-se-stessi/>

Email: info@giocoresponsabile.info

Luxembourg

Center for excessive behavior and behavioral addiction counselling service

www.zev.lu/suchtverhalten/glueckspielsucht/

Call +352 - 26 48 00 38 or +352 - 621 835 968

Email: info@zev.lu

Malta

Responsible Gaming Foundation

<http://rgf.org.mt>

Support line: 1777

Netherlands

Gamblers Anonymous (AGOG)

www.agog.nl

Call: 0800 22 777 22

Norway

Help for gambling problems

www.hjelpelinjen.no

Helpline: 800 800 40

Poland

Behavioral addictions

<https://uzaleznieniabehawioralne.pl/poradnia-online/>

Gamblers Anonymous

<https://anonimowihazardzisci.org/>

Call: 795-250-438 or 881-488-990

Slovenia

Young Gambler

www.mladihazarder.si

Call: 040 88 9918

Gamblers Anonymous

www.anonimni-hazarderji.eu

Spain

Play Well

www.jugarbien.es/contenido/ayuda-cerca-de-ti

Sweden

First aid for gambling problems

www.stodlinjen.se

Call: 020-81 91 00

Switzerland

SOS gambling addiction

www.sos-spielsucht.ch

Call: 0800 040 080

Safe Zone Gambling Addiction

www.safezone.ch/de/suechte-und-substanzen/gluecksspielsucht

Careplay

www.careplay.ch

Call: 0800 040 080

United Kingdom

GamCare gambling support

www.gamcare.org.uk

GambleAware – National Gambling Support Network

www.begambleaware.org

National Gambling Helpline 0808 8020 133

LATIN AMERICA

Argentina

Lotería de la Ciudad de Buenos Aires - Saber Jugar

www.saberjugar.gob.ar

Helpline: 0800 666 6006

Instituto Provincial de Juegos y Casinos - Gobierno de Mendoza - Juego Responsable

www.mendoza.gov.ar/juegosycasinos/juego-responsable

Call: 2614247536

WhatsApp: 2614722471

Email: programajuegoresponsablemza@gmail.com

Chile

Superintendencia de Casinos de Juego - Juego Responsable

www.scj.gob.cl/juego-responsable

Colombia

Coljuegos - Juega bien

www.coljuegos.gov.co/publicaciones/306325/juego-responsable/

Mexico

Citizen Assistance Center Against Addictions

www.gob.mx/salud/acciones-y-programas/centro-de-atencion-ciudadana-contra-las-adicciones

Call: 800 911 2000

www.juegosysorteos.gob.mx/es/Juegos_y_Sorteos/ludopatia

Panama

Secretaria Ejecutiva Junta de Control de Juegos – Juego Responsable

www.mef.gob.pa/secretaria-ejecutiva-junta-de-control-de-juegos

Call: 504-3768 / 506-6698

Email: [jcyjuegoresponsable@mef.gob.pa](mailto:jcjuegoresponsable@mef.gob.pa)

Peru

Dirección General de Juegos de Casino y Máquinas Tragamonedas – Ludopatía

<https://consultasenlinea.mincetur.gob.pe/casinos/ludopatia/ludopatia.html>

Puerto Rico

Administración de Servicios de Salud Mental y Contra la Adicción

www.assmca.pr.gov

Call: 1-800-981-0023 or 9-8-8

TDD: 1-888-672-7622

Chat: lineapas.assmca.pr.gov

Uruguay

Dirección General de Casinos del Estado - Programa de Prevención y Tratamiento del Juego Patológico

www.gub.uy/ministerio-economia-finanzas/politicas-y-gestion/programa-juego-responsable

Call: 0800 8631

MIDDLE EAST**Cyprus**

Safer Gambling Cyprus

www.safergambling.gov.cy/

Israel

Israel Center on Addiction

<https://ica.org.il/en/our-clinic>

Call: 09-9789500

Email: clinic@ica.org.il

Turkiye

Healthy Türkiye gambling addiction treatment

<https://healthyturkiye.com/gambling-addiction-treatment-turkey>

NORTH AMERICA

Canada

Responsible Gambling Council – Find a gambling counsellor

www.responsiblegambling.org/for-the-public/problem-gambling-help/help-for-canadians

USA

National Council on Problem Gambling

www.ncpgambling.org/help-treatment

Call 1-800-MY-RESET

Text 800GAM

OCEANIA

Australia

Gambling Help Online

www.gamblinghelponline.org.au

Call: 1800 858 858

New Zealand

Gambling Helpline

www.gamblinghelpline.co.nz

Call: 0800 654 655

Text: 8006

Problem Gambling Foundation Services

www.pgf.nz/free-counselling

Call: 0800 664 262

WORLDWIDE

Gamblers Anonymous

www.gamblersanonymous.org

Gam-Anon

For family and friends of those with gambling problems

www.gam-anon.org

APPS FOR PROBLEM GAMBLING

Note that apps may not be available in all areas or for all devices.

See the app stores for user raters. We cannot vouch for the effectiveness or quality of the apps.

12 Steps Gamblers Anonymous GA

Includes recovery journal, gratitude list and spot check inventories.

<https://apps.apple.com/us/app/12-steps-gamblers-anonymous-ga/id796268144>

888-ADMIT-IT

Includes self-assessment, problem gambling prevention tips, and warning signs of gambling addiction.

<https://gamblinghelp.org/#gambling-and-problem-gambling-in-florida>

Evive

Includes education, budget management, goal setting and daily check-ins.

<https://www.getevive.com/>

Gamban

Gambling blocking and tools to help quit online gambling.

<https://gamban.com/>

GambleAware Support Tool

Includes support library, goal setting, action plan and tracking progress.

www.gambleaware.org/tools-and-support/reduce-or-quit-gambling-app/

Gambless

Includes therapeutic programs, coping exercises, and self-care journal.

<https://gambless.org/>

GambleStop: Quit Gambling

Includes new habit builder, access to expert advice from psychotherapists, and motivation with ongoing support.

<https://apps.apple.com/au/app/gamblestop-quit-gambling/id6476049610>

Gambling Addiction Test app

Includes screening questionnaire to measure level of risk for gambling addiction as well as information on the nature of addiction and different treatments.

<https://apps.apple.com/au/app/gambling-addiction-test/id1532632508>

Gambling Habit Hacker

Includes goal setting, progress tracking, real-life stories, interactive activities, and how to identify and overcome obstacles.

<https://gamblingless.org/gambling-apps-page>

Gambling Therapy app

Includes self-assessment, text-based live support, mindfulness and self-help exercises, daily motivational quotes, links to blocking software, and access to online support forums.

<https://gamblingtherapy.org/support/the-gambling-therapy-app/>

GamblingLess: In-the-Moment

Includes interactive activities to help curb urges, tackle triggers, and tailored support.

<https://gamblingless.org/gambling-apps-page>

Monitor Your Gambling & Urges

Manage urges, reports on triggers, replacement activities, wins and losses, feelings, and consequences from gambling.

<https://bridgethegapp.ca/adult-national/toolbox/tools/monitor-your-gambling-urges/>

Recover Me

Cognitive behavioural therapy, mindfulness, track progress, manage urges, connect with others.

<https://www.recovermeapp.co.uk/>

Reset

Understand triggers, develop strategies, take action, manage urges, maintain change, and check progress.

<https://resetapp.com.au/>

To make changes to this list, email us at sustainability@aristocrat.com