

## Chinese GamCare Project

「關注華人賭博援助計劃」



*"The Chinese Gamcare Project is not solely aimed at stopping problem or pathological gamblers, or to bring their gambling under control. This project aims to improve health and social aspects of everyone who is in need of support services in or to maximise their potential to enjoy a productive life."*

**YOU Have Choice!  
Choice Is In YOU!  
YOU Are Not Alone!**

Help is only a call away!

### Chinese Mental Health Association

2/F, Zenith House, 155 Curtain Road, London EC2A 3QY

Tel: 020 7613 1008 | Fax: 020 7739 6577

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Registered Charity No. 1058934

Company Limited by Guarantee no: 3150505

This Project is organised in partnership with GamCare and funded by the Responsibility in Gambling Trust (RIGT)



## What is gambling?

Actually there is no single, clear cut definition of what gambling is, but it is widely agreed that:

- \* Two or more people agree to take part in the activity (usually an operator and the person who wishes to gamble);
- \* Normally the 'stake' is paid by the loser to the winner;
- \* The outcome is uncertain;
- \* The result is determined (partly) by chance;
- \* Participation is an active experience but can be avoided by not taking part.

## Gambling Information

Lotteries, scratch cards, fruit machines, casinos, horse-racing, bingo, football pools... You name it, the list is endless. The point is, there are many, many ways in which we can gamble today. With technology changing as quickly as it is, we can take part in each of these activities from the comfort of our own homes, through the Internet or interactive television, or just by picking up the phone.

Sounds exciting, doesn't it? It can be, but for those people who lose control the effects can be devastating.

## CMHA Counselling Service

Is gambling ruining your life, yet you can't walk away? Are you spending time and money gambling that you can no longer afford? Is someone else's gambling harming you and those around you?

*We provide face to face, telephone, internet counselling or outreach support for anyone who is experiencing gambling problems. The service is confidential and in your own language (i.e. Cantonese, Mandarin or English).*

The main aims of our counselling are:

- \* To help stop or reduce the frequency of problem gambling;
- \* To help develop ways of coping with problem gambling behaviour;
- \* To help understand some of the underlying reasons why gambling has become a problem;
- \* To help address related issues that are causing harm or damage;
- \* To help people to develop a productive and healthy life without problem gambling.

## Project Objectives:

- **On an individual level**, the project includes face-to-face counselling, Tele-counselling and emotional support; Where applicable, we also signpost service users to receive advice or support from relevant organisations, depending on their unique circumstances.
- **On a community level**, a range of activities will be planned to deliver community health-promotion campaigns, awareness workshops and seminars, recreational and educational events, and development of information resources in Chinese to promote and advocate a healthy attitude towards gambling.

For more information or referral, please call the "Chinese GamCare Helpline" on 020 7613 1008 or contact Perry Fung via email [perry@cmha.org.uk](mailto:perry@cmha.org.uk).

## 關注華人賭博援助計劃 “ Chinese GamCare Project ”



「小賭怡情，大賭致富？」  
「小賭傷情，大賭亂性？」  
「見識廣博，不離賭博？」  
「生意淡薄，難免賭博？」

【此計劃之開展旨在為那些賭癮纏身，不能自拔的人仕而設，不單支援他們停止或控制賭博行為，也教育他們改善健康及社交，讓每個被關注者能享受和發掘自我潛能去渡過有意義及精彩的人生！】

**你有選擇！選擇在你！你並不孤單！**  
請即致電求助！

### 華心會 (CMHA)

2/F, Zenith House, 155 Curtain Road, London EC2A 3QY  
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計劃夥伴為關注賭博國民協會 (GamCare)，獲責無旁貸  
賭博基金 (Responsibility in Gambling Trust RIGT) 資助



## 何謂賭博？

賭博定義不一而足，但普遍認同有如下數點：

- \* 兩個人或以上參與其中 (通常分莊家及閒家)；
- \* 基本上賭注是由輸家提供給贏家；
- \* 結局不明朗及出人意表；
- \* 最終結果或當中總有彩數成份；
- \* 交投熾烈但可袖手旁觀、置身事外。

## 賭博知多少？

六合彩、擦咕、角子老虎機、賭場、賽馬、「賓果」、賭波等等；應有盡有、不能盡錄；林林總總、層出不窮。花樣百出的賭博活動，讓人很容易便能在家中，或透過新科技，或電視媒體，或電話投注參與。

無可否認，賭博在某程度上確實令人異常亢奮。但更多的人為此失控，深陷困境、難以自拔，更甚者因而催毀一生。

## 華心會輔導服務

是否你的生活因賭博而坐困愁城、毫無出路？

是否你已耗盡時日及畢生積蓄而無力再付出？

是否你因別人的賭博問題而受傷害或四面楚歌？

輔導形式計有面對面、電話支援、電腦視像及外展探訪等，以粵語、國語或英語進行，讓求助者能在一個安全、被支援及絕對保密基礎下暢所欲言、細訴因由。

輔導目的包括：

- 幫助你 停止或減低問題賭博的頻率；
- 幫助你 發掘有效方法去面對賭博行為；
- 幫助你 明白賭博成為問題的潛藏原因；
- 幫助你 正視有關問題所引致的傷害及破壞力；
- 幫助你 走出賭博的陰霾並過健康及有用的人生。

## 計劃目標：

- 個人方面：  
此計劃不單進行面對面輔導，亦會透過熱線作出輔導及情緒支援；又或因應個別情況，向相關機構進行轉介，讓服務使用者得到最適切的諮詢及支持，渡過難關；
- 社區層面：  
於華人社區定期舉辦推廣健康運動、關注賭博工作坊或研討會、休閒活動及教育講座；此外，搜集、整理、編譯有關資訊去宣揚賭博的危害，主張以健康心態面對賭博的問題。

有關此計劃的資訊或需要轉介，請致電「關注華人賭博援助熱線」020 7613 1008 或 聯絡負責人馮先生，電郵：[perry@cmha.org.uk](mailto:perry@cmha.org.uk)。