



HELLENIC
GAMING
COMMISSION

INDEPENDENT
AUTHORITY

RESPONSIBLE GAMBLING:

Combining **entertainment**
with **safety**



Responsible gambling means participating in games of chance in a way that minimizes potential negative consequences. It's about ensuring your entertainment is balanced with your well-being. The Hellenic Gaming Commission (HGC) provides guidelines to help limit these effects.

What Does Responsible Gambling Mean?

Responsible gambling involves adhering to rules and guidelines set by regulatory bodies like the HGC. The goal is to limit the potential negative impacts gambling can have on individuals.

How to Gamble Responsibly

You're gambling responsibly when you:

- **Set limits:** Decide on a specific amount of time and money you'll spend and stick to it.
- **Play for fun:** View gambling as entertainment, not a way to make money.
- **Are aware of the risks:** Understand that gambling involves a risk of losing money.
- **Recognize addiction symptoms:** Know the signs of problem gambling and how to identify them in yourself or others.
- **Use legitimate platforms:** Only gamble on platforms that are licensed and regulated.

Risks of Excessive Gambling

Excessive participation in games of chance can lead to:

- **Significant financial difficulties.**
- **Mental health issues** such as anxiety, depression, and addiction.
- **Damaged social relationships** and negative impacts on family life.

How to Recognize Gambling Addiction

You might be struggling with a gambling addiction if you experience:

- **Constant preoccupation:**

You're frequently thinking about gambling and have a strong urge to gamble.

- **Increased risk-taking:**

You need to gamble with more money or for longer periods to achieve the same excitement

- **Ignoring consequences:**

You continue to gamble despite experiencing financial or personal problems.

- **Loss of control:**

You find yourself unable to limit or stop your gambling.

- **Escape mechanism:**

You use gambling as a way to avoid stress or problems.

- **Withdrawal symptoms:**

You feel anxious or irritable when you're not gambling.

- **Guilt and shame:**

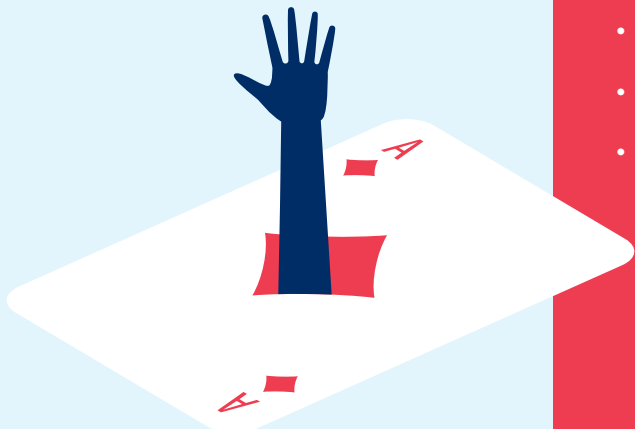
You feel remorseful but continue to gamble, often hiding the extent of your habit.

How to Get Help

If you or someone you know needs help, seek out resources that promote responsible gambling. These often include dedicated websites or hotlines.

Some organizations you can contact include:

- **KETHEA**
- **GAMALYZE**
- **e-ASSOS**





Remember, gambling should be
a source of enjoyment, not distress.

When you keep it under control,
you can gamble safely and have fun
without putting yourself at risk. 



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