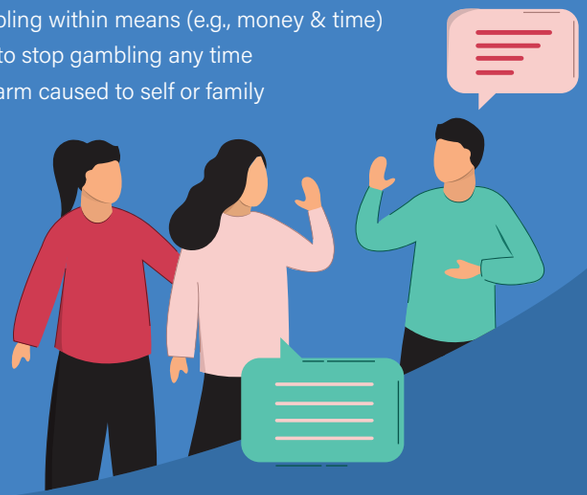
Understand Problem Gambling
Know the difference.

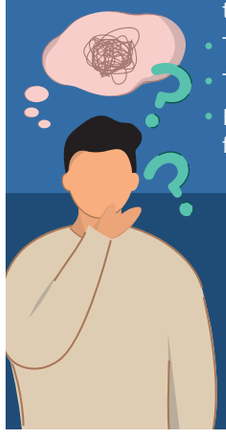
Casual Gambling

- Gambling for fun
- Gambling within means (e.g., money & time)
- Able to stop gambling any time
- No harm caused to self or family



Problem Gambling

- Betting with more money than planned
- Repeatedly trying to win back losses
- Lying about problems resulting from gambling
- Missing work and family commitments to gamble
- Thinking about gambling all the time
- Tried reducing gambling but unable to do so
- Having increased debt, unpaid bills, or other financial trouble because of gambling



If you can relate to the situations under Problem Gambling, you may be at risk of or may already be addicted to gambling.

Seek assistance immediately.

Resources

Enquiries and Appointments:
Tel: 6354 8154
Email: admin@ncpg.org.sg

Where can I seek help?
National Problem Gambling Helpline at 1800-6-668-668
or Webchat at www.ncpg.org.sg, 8am to 11pm daily

**Airtime charges apply for mobile calls to 1800 service lines.*

NCPG.Singapore @ncpg.singapore www.ncpg.org.sg

10/2026

NCPG NATIONAL COUNCIL ON PROBLEM GAMBLING

Overcome Problem Gambling

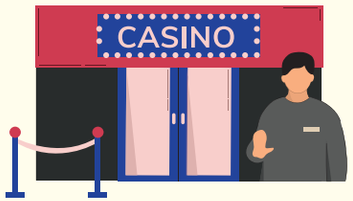
Seek help today.



What can I do?

Step 1

Restrict or limit your gambling



Casinos

Apply for Casino Self-Exclusion or Voluntary Visit Limit to stop or limit yourself from entering the casinos.

Online gambling with Singapore Pools (Lottery, sports and horse race betting)

Apply for Self-Exclusion to stop yourself from gambling online with Singapore Pools.





Jackpot Machine Rooms (Private clubs)

Apply for Self-Exclusion to stop yourself from entering jackpot machine rooms.

Scan the codes to apply or call NCPG at 6354 8154 for further assistance.

Scan

Apply for Self-Exclusion from the various gambling venues

Scan

Apply for Casino Voluntary Visit Limit

Step 2

Speak with a professional about the problems you are facing



National Problem Gambling Helpline & Webchat

Call us at **1800-6-668-668** or scan the code to chat with our help professionals.

Scan

Operating hours: 8am - 11pm daily.
You may remain anonymous.

Counselling at NCPG's Appointed Agency

Promises Healthcare @ Novena Medical Centre
Call **6797 7288** to make an appointment.

Operating hours:
- Mon – Fri (8.30am – 6pm)
- Sat (8.30am – 1pm)

** Helpline and Webchat services are free of charge.*
Counselling is free of charge for Singapore Citizens and Permanent Residents.

Step 3

Manage outstanding loans, debts and find support through community agencies

Arise2Care Community Services **6909 0628**	● ●
Blessed Grace Social Services **8428 6377**	● ●
The Silver Lining Community Services **6749 0400**	● ●
Adullam Life Counselling **6659 7844 / 9423 8832**	● ●
Ascending Hope Community Services **8876 2255**	● ●
WE CARE Community Services **3165 8017**	● ●
One Hope Centre **6547 1011**	● ●
Association of Muslim Professionals (AMP) **6416 3960 / 6416 3961 (Helpline)**	● ●
Credit Counselling Singapore **6225 5227**	●
National Addictions Management Service (NAMS) **6389 2222**	● ●
Changi General Hospital (Addiction Medicine Clinic) **6850 3333**	●

- Debt Management
- Support groups
- Counselling

