

We are

open



OpenOverGokken.nl

All the information about
the risks of gambling.

Open
up

Being open about the risks of gambling



From online casinos to betting on football matches, gambling has become part of everyday life. In the Netherlands, online gambling in particular is growing fast. Chances are you know someone who gambles. Maybe you do it yourself. For many, it's just harmless fun. But for others, it can get out of hand, with serious consequences. You may have questions about this. Perhaps you're looking for advice or support for yourself, or a friend or family member. You're not alone. That's why we created **OpenOverGokken.nl (Open about gambling)**: a one-stop source of all the information and advice you need on gambling.

So, what exactly is gambling?

Gambling means paying to play a game where money or prizes are at stake, but the outcome is beyond your control. Examples include lottery tickets, online casinos, bingo, sports betting, scratch cards and slot machines. If you put money in – even in small amounts – and hope to win, then you're gambling.

Is it dangerous?

In the Netherlands, gambling is permitted if you're 18 years or older. As an adult, it's your choice, just as it's your choice to drink alcohol. However, like alcohol, gambling carries risks. Especially if you do it often. Some players lose large sums of money and end up in debt. It can affect your studies, work and social life. In the most serious cases, gambling can become an addiction. It's a serious illness with major consequences for you and those around you.

Where can I find information or help?

OpenOverGokken.nl is a website for everyone. Whether you're simply curious and want to find out more or you're actively looking for support, you'll find all the information you need in one place. You can read about how gambling works, the risks involved and the tricks used to tempt people to keep playing. With our gambling register, the *Kansspeljwizer*, you can check which gambling companies are licensed to operate. Want more insight into your own gambling behaviour? Take the anonymous self-test. Need help right away? Free, anonymous support is available by telephone, email or chat. We're here to help, not to judge.



Who owns OpenOverGokken.nl?

OpenOverGokken.nl is a new initiative of the Kansspelautoriteit (the Netherlands Gambling Authority) which is part of the Dutch government. The gambling authority is the independent regulator of the Dutch gambling market.

OpenOverGokken.nl is the result of a collaboration with the Trimbos Institute and other health organisations.

Would you like to know more?
For someone you know, or perhaps
for yourself?

Don't hesitate and visit:

OpenOverGokken.nl



an initiative of the Kansspelautoriteit