

May 2023

Many compulsive gamblers start gambling at a young age

Since the Danish Gambling Authority established the helpline StopSpillet in 2019, the advisers have received almost 2,500 calls and chats. The trend is clear: the majority of people with gambling problems have gambled before their 25th birthday.

Since 2019, the Danish Gambling Authority's helpline StopSpillet has advised players, relatives and professionals about responsible gambling and compulsive gambling. The helpline has received almost 2,500 calls and chats via phone or chat.

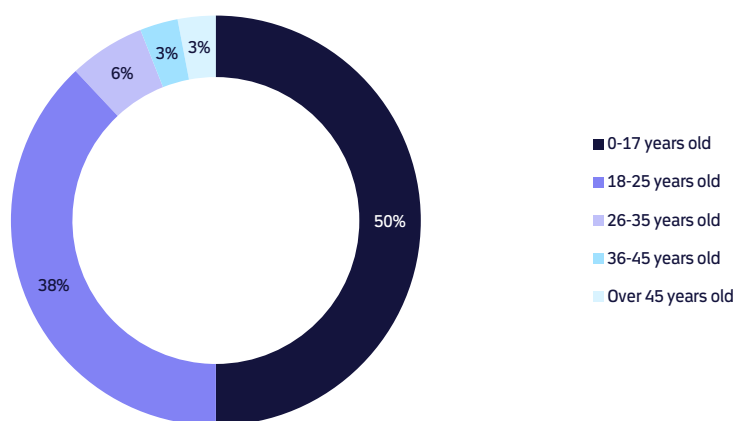
As a part of StopSpillet's counselling, players and relatives are asked when the individual player had their first gambling experience, and the trend is clear. About half of the players, whom the calls are about, have gambled before they turned 18, despite the age limit for most games in Denmark is 18. The data from StopSpillet shows that 88 percent of the players are 25 years old or younger, the first time they gamble, cf. figure 1.

88%

Players who gambled before they turned 25

Data from StopSpillet shows that 88 pct. of the players are 25 years old or younger when they gamble for the first time.

Figure 1. The players' age at their first gambling experience, 2019-2023



Source: the Danish Gambling Authority.

Note: Data is drawn up to and including April 2023.

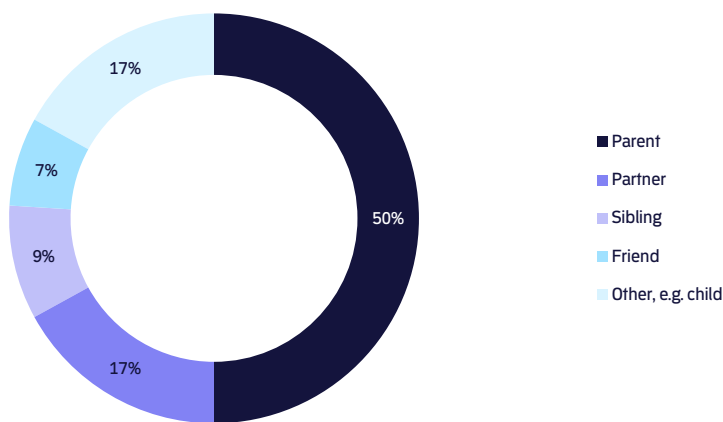
On average, players have been affected by gambling problems for about 2 years and 7 months when they contact StopSpillet. Surveys show that the earlier a player has started gambling the greater the risk of developing an addiction to gambling. The data thereby

confirms the correlation, as the individuals whom StopSpillet is in contact with do have a very early first gambling experience.

Relatives play a decisive role for many compulsive gamblers

StopSpillet are contacted by players themselves, their relatives, and professionals. The relatives account for just under 39 percent of all calls to StopSpillet, and half of those calls comes from parents of players. Data from StopSpillet also shows that helpline advise partners, children and friends of players, *cf. figure 2.*

Figure 2. Calls and chats from relatives and friends categorised by relation to the player



50%

Calls and chats from parents

50 percent of all calls and chats from relatives and friends comes from parents

Source: the Danish Gambling Authority.

Note: Data is drawn up to and including April 2023.

The Danish Gambling Authority continuously work to increase the awareness of StopSpillet, for example, via campaigns on TV and social media as well as ads at bus stops and train stations. In 2022, the Danish Gambling Authority ran an extensive campaign timed especially around the big sports events such as Tour de France and the World Cup.

Box 1: Do you gamble too much – or do you know someone who does?

StopSpillet is the Danish Gambling Authority's helpline about compulsive gambling. StopSpillet is for everyone who needs advice and counselling about responsible gambling and compulsive gambling. StopSpillet's advisers are ready to talk to players and relatives to find out how to best help the individual player.

All calls and chats to StopSpillet are confidential. StopSpillet's advisers are professional and trained to advise and give counselling about responsible gambling and compulsive gambling. The Danish Gambling Authority does not disclose information from conversations to other authorities.

You can read more about the helpline on stopspillet.dk