

# Voluntary Self Exclusion Programme (VSEP)



Voluntary self-exclusion is a standard programme that has been implemented by many regions in the Caribbean, North America, Australia, Europe, South Africa and Asia. Self-exclusion represents a commitment you make voluntarily entering into an agreement with the gaming operator not to gamble for a chosen time. It can be an important first step in helping to control your gambling.

## When and why to self-exclude:

- Gambling is no longer fun for you
- You are experiencing financial, health, emotional, psychological or relationship problems as a result of gambling
- You feel that taking a break could be of help to you
- Increasing stress to you and others close to and around you
- You feel as though you are unable to control the urge to gamble
- You are now heavily into chasing, still losing but your focus is solely on winning back losses



## How does self-exclusion help?

Self-exclusion provides patrons who are struggling with their gambling habits an opportunity to step away from gambling and refocus their lives and finances. It can provide them with access to additional community support to address their gambling and may also provide the needed support if they are unsure of how to manage next steps in recovery.

**Your Gaming Lounge is a part of the Voluntary Self Exclusion Programme in Jamaica. If patrons ask to be enrolled please direct them to a supervisor who can assist.**

Remember the document completed at your gaming lounge a request to receive a ban and not the ban itself. The completed document will be sent to RISE Life Management for completion of the registration process and the ban officially initiated. Once a ban is requested and initiated the patron is banned from all gaming lounges island wide for the specified time period.



 RISE Responsible Gambling  riseresponsiblegambling  
For more information contact RISE Life Management Services  
1-888-991-4146 [www.risejamaica.org](http://www.risejamaica.org)

