

Telephone Counseling Service

Please call us if you think you or others around you have problems because of pachinko or pachislot play.

Approved Specified Nonprofit Corporation
Pachinko Addiction Problem Counseling Organization

Recovery Support Network

Free Telephone Counseling

(toll charge apply)

050-3541-6420

Mon to Fri (closed Sat, Sun & holidays)
10:00 to 22:00 (last call by 21:30)

We welcome calls from people having problems with getting seriously “hooked” to playing pachinko or pachislot, as well as their family members and friends.

Our experienced and trained counselors are available to talk with you and introduce you to public organizations in your area.

rsn pachinko



Mental Health and Welfare Centers

(Kokoro no Soudan Dial)

Counseling Helpline

(National Number)

0570-064-556

This phone number will connect you to the nearest public counseling service. Counselors from the Prefectural or Designated City’s Mental Health and Welfare Center are on hand to talk with those who are suffering from mental problems or illness, as well as their families and friends. In-person counseling along with information about specialized medical clinics and local counseling services are also available.

mental health help japan



Pachinko & Pachislot: Things you need to know to enjoy play

These pamphlets are available in other languages.



<https://www.rsndesign.jp/language>

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Pachinko & Pachislot: Things you need to know to enjoy play

01



Are You Playing Safe?

Pachinkos and Pachislots are entertainment started and grew in Japan. There are many who enjoy playing them on a regular basis, however some of them develop problems because they exceed what is considered as fun.

The Recovery Support Network receive almost 6,000 telephone consultations every year.

Do you enjoy playing and feel safe?
Let's take this time to think if you are playing safe, and what type of play for you is safe and healthy.



What Types of Problems?

Not limited to pachinko and pachislot, it is human nature for people to get "hooked" by fun activities. If getting "hooked" becomes stronger, then the balance in everyday life will be ruined much easier.

Problems at school/work, mental health, personal relationship with others, and money problems (loans and lack of living expenses) which at times lead to doing crime. Not only pachinko and pachislot players suffer but also their families and those who are important to them.

Even though the level of getting "hooked" is the same, the problems that players suffer and their degree will be different with each person. Let's look if your play is causing trouble for you or to others around you.



Preventions Before Problems Start

- 1 Before playing, it is important to understand how pachinko and pachislot work.
- 2 Pachinko and pachislot are entertainment which use up money and time. Setting budget and time, and following them will help you play safe.
- 3 Don't forget that getting "too hooked" will not only cause pain and trouble to you, but also family members and others around you.

Please understand these 3 points so that you will be able to enjoy playing pachinko and pachislot.

In Order to Safely Enjoy Pachinko and Pachislot

When you play pachinko or pachislot, if you are able to understand and do the following, you will be able to reduce the risk of creating problems for you, your family and others around you.



Knowledge Needed Before Play

Learn About Pachinko and Pachislot

Before play, learn well the rules and systems of pachinko and pachislot. Trouble will grow if you try to use self-styled or non-logical ("occult") winning methods.

If you want to play safe, you must correctly understand the workings of pachinko and pachislot.



Playing Pachinko and Pachislot

Set Limit to Money You Can Spend

Before you play, decide how much money you can spend (ie. you can afford to spend).

Play Only With Time and Money You Can Afford

Don't use money for food, rent, utilities, etc. to play and only use money that you can afford to lose. Money borrowed to play is not entertainment.

Set Time Limit of Play

You can prevent from spending too much money by setting a time limit of your play and developing a habit to stop play.

Don't Try to Recover Loss

Pachinko and Pachislot are entertainment which money is spent. The feeling of recovering your loss is understandable, but if you are serious about getting your money back, then it is no longer entertainment.



Other Reminders

Take Breaks Often

Take breaks before getting too angry, and play relaxed while having fun.

Play When You Feel Like You Can Have Fun

Your play will be erratic when you feel down and worried, or under heavy stress. Play when you feel like you can have fun.

Have Other Hobbies

People with many hobbies are also good at playing them. Go enjoy other entertainment which will balance out with playing pachinko or pachislot.

Don't Play While Drunk

When you are intoxicated from drinking alcohol, your judgement will be impaired and you will not be able to control your action and emotion. Avoid play if you are drunk.