

## 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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# For Ladies: Things you need to know

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

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## Introduction

Women of all ages can get seriously hooked to pachinko or pachislot. Also after the problem develops, **it takes less time to get worse than men.** This may be one of the reasons why women get worried or depressed more easily than men.

Pachinko and pachislot are entertainment which use up money and time. Understand that gambling is **not a way to increase your money**, and find the play style that fits you so that you can enjoy playing it safely.

# Be Careful with Money and Time

Even a small amount of money can disrupt a lifestyle. Taking money out from the household budget becomes the cause for lying and hiding.

- ✓ **Divide money which is okay and not okay to spend.**
- ✓ **Set limits on money and time before play.**
- ✓ **Stop play before reaching the set money and time limit. Winning or losing, chasing too far is dangerous.**

## Look After Mind and Body

Mental pain such as stress from raising children and nursing elders, menopause and domestic violence **weakens the body and the mind which make it easier to get seriously hooked.**

Please use services that offer consultations for these problems (search **"Japan women helpline"**).

## Don't Struggle Alone, Talk to Someone

If your play makes you feel that you have problems or causes worries to people around you, then don't struggle alone and talk to someone immediately. A small step will lead to something helpful.

### Someone to Rely on in Pachinko Halls

## Safe Play Pachinko and Pachislot Advisor

Staff knowledgeable in pachinko addiction problems is available for consultation with customers.

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This is a helpline which offers free consultation. If needed, they will be able to introduce organizations and public offices all across Japan.

### Record Money and Time

Keeping a record of play **will keep track** of money and time spent on pachinko and pachislot. Even if the amount for each play is small, they can become bigger than expected when added together. Manage your play by **keeping a record** so that money for the household and play are not mixed up.

### Play Within Free Time

Set aside time for other things within your free time, and don't spend too much time playing. Enjoy other entertainment besides pachinko and pachislot, **and avoid the need to lie to or hide from anyone.**

### Never Leave Children in the Car!

If you have children, do take plenty of care and caution so that their health and safety are not in danger while you play. **(Leaving children alone in a car is a crime!)**