

I think I may be gambling too much. What can I do?

SBOBET takes a strong stand in being a socially responsible bookmaker and the well-being of our players is of utmost importance to us. Although gambling should be enjoyed as a recreational activity, it can nevertheless pose a problem for a minority of players. We aim to raise awareness of problem gambling and prevent compulsive usage of our games while providing our customers with an enjoyable gaming experience.

For more information on responsible gambling, please read: [What is responsible gambling?](#)

If you feel that you are experiencing problems controlling your gambling habits, SBOBET strongly encourages you to read through and consider the following self-help tools.

- **Self-Exclusion Feature**

To request self-exclusion, please contact our Support Team at support@sbobet.com

To learn about activating the self-exclusion feature, please read: [How do I activate the self-exclusion feature?](#)

- **Help Support Organizations**

For professional help or simply to speak with someone who can offer advice and support, you may wish to contact GamCare at 0845 6000 133, or visit Gambling Therapy.

Online URL:

<https://help.sbobet.com/article/i-think-i-may-be-gambling-too-much-what-can-i-do-173.html>