

Do you recognise any of the following?

- Uncontrolled spending.
- Significant amounts of time spent gambling.
- Concealing or lying about gambling behaviour.
- Gambling impacting on relationships with family and friends.
- Withdrawal from family activities.
- No apparent interests or leisure pursuits.
- Absence from school, college or work.

Are gambling and its consequences getting in the way of the life you want to live?

GamCare offers advice, information and practical help by phone and online. Post messages on the Forum, chat online, or talk to an adviser who'll let you know about local support, including counselling services, and sources of advice about related issues, like debt.

GamCare provides personal counselling to help you explore and consider situations relevant to your gambling in a safe environment over a period of time. GamCare Counselling is offered free of charge, although we accept donations.

To find out more, talk to one of GamCare's specially trained advisers. They'll listen, won't judge you, and it's completely confidential.

Cost of calls to 0845 numbers varies by operator.

0845 6000 133
www.gamcare.org.uk

Gamblers Anonymous

A support fellowship for problem gamblers.

020 7384 3040
www.gamblersanonymous.org.uk

Gordon Moody Association

A residential treatment centre for problem gamblers.

01384 241292
www.gordonhouse.org.uk



Citizens Advice

Free, independent and confidential advice and information.

www.citizensadvice.org.uk

Domestic Violence Helpline

Confidential advice and support for women experiencing domestic abuse.

0808 2000 247
www.womensaid.org.uk

Family Rights Group

Confidential support for families whose children are in or at risk of going into local authority care.

0800 731 1696
www.frg.org.uk

National Debtline

Free, independent and confidential advice on money and debt problems.

0808 808 4000
www.nationaldebtline.co.uk

One Parent Families/Gingerbread

Advice, information and support for lone parents.

0800 018 5026
www.oneparentfamilies.org.uk

Relate

Relationship counselling and advice to couples and individuals.

08451 30 40 16
www.relate.org.uk

Samaritans

Confidential, emotional support for anyone in a crisis.

08457 90 90 90
www.samaritans.org.uk

Women gamble too

A guide to help and support



0845 6000 133
www.gamcare.org.uk



It can feel like keeping your gambling a secret is the only option

As a woman considering getting help for her gambling problem, taking the first step – beginning to tell someone – can be very hard. The GamCare HelpLine offers you a safe confidential place to take that first step. Don't let your sense of shame stop you from seeking help. Contact the GamCare HelpLine on **0845 6000 133** or log on to our website www.gamcare.org.uk and take the first step.

Why do I gamble?

Many women are unable to explain why they continue to gamble despite the problems it causes in their day-to-day lives. The most obvious answer is "for the money", but is this really true? When you win, do you spend your winnings on more gambling? Do you continue to gamble until you have little or no money left?

Taking the first step – beginning to tell someone about your gambling – can be very hard

How do I stop gambling?

Feeling guilty about gambling may make you feel that you don't deserve to do or have anything for yourself. Taking that first step – beginning to tell someone about your gambling – can be very hard. If you are ready to talk or feel ready to make some changes, or perhaps feel confused about what you want, GamCare can help.

GamCare offers:

- Telephone and online HelpLines for you to talk to someone who'll understand, in confidence
- An online Forum and Chat Room
- Free confidential personal counselling
- In some areas, therapeutic groups for women

Take Heart

- You are not the only one. Other women have gambling problems too.
 - Change takes time. You don't have to do it all alone.
 - Be positive. The key is to ensure that any changes you make are manageable and realistic. Then, with each goal that you achieve, you will grow in confidence and self-esteem. You will also find you have the incentive to reach the next goal. If you have been gambling for many years, don't expect your life to improve immediately. It will take a lot of hard work and motivation from you to change.
 - If you have a 'slip', do not punish yourself – breaking a dependency is very difficult. Instead, reflect on the day and think about what you have learnt from it. Congratulate yourself for abstaining for so long.
 - Be optimistic. You can overcome a gambling dependency.
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Change takes time. You don't have to do it all alone

Take Care

- Be kind to yourself. It can help reduce your need to gamble.
 - There will be times when you may feel desperate to gamble – don't! Speak to a GamCare adviser on the 'phone or online or talk to others on the Forum for support and understanding.
 - Develop your range of interests, especially those that involve other people. Try to do things with friends and family who are not gamblers.
 - You can replace a dependency on gambling with other interests.
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Be kind to yourself. It can help reduce your need to gamble

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