

# Serious fun

Your guide to sensible gambling

Gambling can be great fun, but it's also important to know when to stop and what the danger signs are.

So we've produced this leaflet to help you stay informed, whether you're a parent, concerned about a friend or worried about your own gambling.

But if it gets out of control,  
it could take over your life



Gambling can be great fun.

Gambling can get to a stage when it's hard to think of anything else and increasingly hard to stop. So what should you look out for?

- Finding it difficult to stay away from gambling
- Treating gambling as a way of 'making money'
- Borrowing money without paying it back
- Starting to have money difficulties and debts
- Not enjoying any interests or leisure pursuits
- Blind optimism, looking only at the here and now
- Creating rows at home as an excuse to go out
- Mood swings, irritability, restlessness
- A lack of interest in family and friends





*"In the three years that I have known about my husband's gambling problem he has lied every day, stayed out all night and got us into so much debt that we have now just sold our house."*



# Here's where to start if you feel like you need some help.

- Remember you're not alone
- Try to always talk to someone you trust – a partner, a friend, professional person or **GamCare helpline: 0845 6000 133**
- Always be honest with yourself and others
- Look out for patterns in your behaviour for instance, do you gamble when you're bored or stressed?
- Be prepared for withdrawal symptoms, you may feel depressed, irritable or shaky
- There'll be times when you feel desperate to gamble. When this happens talk to someone, or try to find some activities that distract you





# Where to get help

GamCare is a UK charity who offers a variety of care services and communication channels for those who are affected by problem gambling. Individuals can receive information, advice, support or counselling through a National Helpline, counselling service, or online service.

GamCare offers:

- Face-to-face counselling
- Group therapy (including women only groups)
- A telephone helpline that lets you speak to someone who knows what you are going through and can offer real help and advice
- Online forums with chat/support rooms

Visit [www.gamcare.org.uk](http://www.gamcare.org.uk) or call the National Helpline on 0845 6000 133.



**GAMCARE**

GamCare, a registered charity, has become the leading authority on the provision of information, advice and practical help in addressing the social impact of gambling.



Camelot is the operator of The National Lottery. For most people playing the lottery is a harmless flutter, but Camelot has a role to play alongside the gambling industry in preventing problem gambling and protecting vulnerable groups.

Camelot has produced this leaflet in association with GamCare.