

Do you recognise any of the following in your life?

- Spending significant amounts of time gambling
- Concealing or lying about gambling behaviour
- Feeling anxious, distressed or confused
- Feeling unable to cope with life; feeling overwhelmed
- Feeling isolated and unable to talk about what's happening
- Gambling impacting on relationships with family and friends

We understand, and we can help.

GamCare offers advice, information and practical help over the phone and online for anyone affected by problem gambling.

Post messages on our Forum, chat online or talk to an Adviser who can let you know about local support, including counselling services, and sources of advice about gambling-related issues such as debt.

GamCare counselling is designed to help you explore situations relevant to your gambling in a safe environment over 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, they won't judge you and your conversation is completely confidential.

The National Gambling Helpline, provided by GamCare, is open seven days a week, 8am - midnight.

Call free: 0808 8020 133
www.gamcare.org.uk



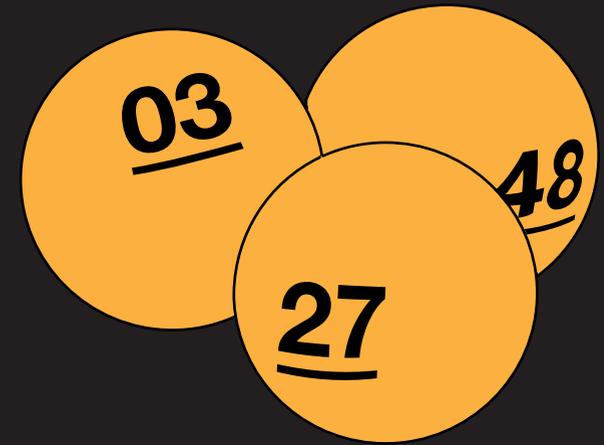
Scan here to visit
the GamCare
website

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GamCare support women, too?

How GamCare can help women with a gambling problem



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Why do I have this problem?

Many women find it hard to understand why they gamble, and why they are unable to just make themselves stop when it causes so many problems. Do you tell yourself you gamble 'for the money'? Is this really true? Perhaps, even if you win, you find yourself continuing to play.

For many women, the need to gamble may be influenced by difficult emotional experiences in the past. GamCare provides **free, specialist counselling** for anyone experiencing difficulties resulting from a gambling problem, such as debt, relationship difficulties or stress and anxiety.

Our specially trained and experienced counsellors can give you the **safe, confidential space** you need to work through the issues and situations connected to problem gambling in your life, and we will work with you to find the best methods of dealing with these situations going forward.

I'm finding it hard to talk...

Sometimes it can feel like keeping your gambling a secret is the only option. It is very common to feel the need to hide a gambling problem, and particularly when online gambling is so accessible it can be easy to hide the habit.

We know that for women considering getting help for a gambling problem, talking to someone can be very hard. The National Gambling HelpLine, provided by GamCare, is free and confidential, and talking to our Advisers is a good first step. Call **0808 802 0133** or chat with an Adviser online at **www.gamcare.org.uk**

You can also visit our online Forum and daily chatrooms to engage with other people who are also experiencing problems, many of whom will also be women.

As a woman, you might imagine that treatment for a gambling problem is aimed at men and delivered by men. In fact, many of our Advisers are female, and if you decide that counselling might be right for you, you could work with a female counsellor if you wanted to. Counselling can be face-to-face or online.

We also run a dedicated weekly group therapy session for female gamblers from our London office. Visit our website at **www.gamcare.org.uk** to find out more.

Don't lose heart

- Be kind to yourself. This can help reduce your need to gamble.
- Gambling problems can be overwhelming, but there is hope – it is possible to break a gambling dependency.
- It can take time to change. Remember, you don't have to do it all on your own.
- If you feel the urge to gamble, it might help you to speak to someone on the HelpLine for immediate support, or talk to someone on our Forum.
- If you gamble online, you can access blocking software to help you avoid gambling sites. Examples are **www.gamblock.com** or **www.betfilter.com**

Other useful services

Gamblers Anonymous

A support fellowship for problem gamblers.
www.gamblersanonymous.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.
www.womensaid.org.uk
0808 2000 247

National Debtline

Free, confidential and impartial advice on money and debt problems.
www.nationaldebtline.co.uk
0808 808 4000

Gingerbread

Advice, support and information for lone parents
www.gingerbread.org.uk
0808 802 0925

Relate

Relationship counselling and advice to couples and individuals.
www.relate.org.uk
0300 100 1234

Samaritans

Confidential emotional support for anyone in crisis.
www.samaritans.org.uk
116 123

“It was great to have somewhere to talk every week and help me think... It's helped me to stop gambling.”

GamCare counselling client