

## Do you recognise any of the following?

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

## Is gambling getting in the way of the life you want to live?



Scan here to visit the GamCare website

GamCare offers advice, information and practical help over the phone and online. Post messages on our Forum, chat online or talk to an Adviser who can let you know about local support, including treatment services, and sources of advice about gambling-related issues such as debt.

GamCare also provides free treatment, funded by GambleAware, to help you explore situations relevant to your gambling in a safe environment.

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 confidential.

The National Gambling Helpline, operated by GamCare and funded by GambleAware, is open seven days a week, 8am - midnight.

**Call free: 0808 8020 133**  
[www.gamcare.org.uk](http://www.gamcare.org.uk)

### Gamblers Anonymous

A support fellowship for problem gamblers.  
[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

### Gam-Anon

Support for friends and families affected by gambling.  
[www.gamanon.org.uk](http://www.gamanon.org.uk)

### Gordon Moody Association

A residential treatment centre for problem gamblers.  
[www.gordonmoody.org.uk](http://www.gordonmoody.org.uk)

### Citizens Advice

Free, independent and confidential advice and information.  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### National Debtline

Free, independent and confidential advice on money and debt.  
0808 808 4000  
[www.nationaldebtline.org](http://www.nationaldebtline.org)

### Family Lives

Support and information for parents.  
0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)

### Relate

Relationship counselling and advice to couples and individuals.  
0300 100 1234  
[www.relate.org.uk](http://www.relate.org.uk)

### Samaritans

Confidential, emotional support for anyone in crisis.  
08457 90 90 90  
[www.samaritans.org.uk](http://www.samaritans.org.uk)

### Youth Access

Information on local counselling services for children and young people.  
020 8772 9900  
[www.youthaccess.org.uk](http://www.youthaccess.org.uk)



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# Help with a Gambling Problem

Find help and support today



**National Gambling Helpline**  
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[www.gamcare.org.uk](http://www.gamcare.org.uk)



# Many people find themselves unable to explain why they continue to gamble

Many people find themselves unable to explain why they continue to gamble despite the problems it causes in their day-to-day lives.

The most obvious answer would be “for the money”, but is this true? When you win, do you gamble away your winnings? Do you continue to gamble until you have little or no money left?

Understanding what role gambling is playing in your life can be an important first step in making positive changes to reduce the harm it causes.

For free information, advice and support you can contact the National Gambling Helpline, operated by GamCare and funded by GambleAware, on **0808 8020 133** or log on to our website at **[www.gamcare.org.uk](http://www.gamcare.org.uk)** to find out about treatment and support services available in your area.

This leaflet can give you an overview of how you might reduce your gambling or stop completely, but gambling problems can be complex and it can take time and effort to overcome them.

It is unlikely you will find a single answer, and you may need a combination of strategies to make a lasting change. You are more likely to be successful if you have support from others.

**National Gambling Helpline**  
Call free: 0808 8020 133  
**[www.gamcare.org.uk](http://www.gamcare.org.uk)**

## What can I do to deal with my gambling?

Free GamCare treatment, funded by GambleAware, provides a safe, confidential space for you to talk about your situation, understand the causes of your gambling behaviour and the effects it has.

Other actions which could help you include:

- Scheduling other activities at the times you’re most likely to gamble;
- Making it harder to access your money. Ask someone you trust to handle your money for an agreed period of time (e.g. three months);
- Self-exclusion, which is banning yourself from gambling venues, plus blocking software for online gambling;
- Consider writing your feelings down in a diary. If you are not gambling, note how you are feeling and how you have coped. If you have gambled, think about the events that led up to this and record your feelings before, during and after.
- You can contact the National Gambling Helpline for emotional support, or you could consider joining a self-help support group such as Gamblers Anonymous.

## Take steps

- Try to stop all gambling while you are breaking the habit.
- Look for patterns in your behaviour. Do you gamble, or need to gamble, when you feel bored, stressed or under pressure?
- Mark each day you do not gamble on a calendar to give you a visual marker of your progress. If you gamble, check how many days you had managed to stay clear of gambling. Set a target to beat that number.
- Reward yourself after a period free from gambling - perhaps you could buy something personal that is unrelated to gambling. If you feel uncomfortable handling money, take a friend along with you.

## Take care

- Take one day at a time and it will be easier to break your gambling habit.
- Be prepared for withdrawal symptoms. You may feel depressed, irritable, shaky or have palpitations.
- There will be times when you may feel desperate to gamble – don’t! Call our Advisers or log on to **[www.gamcare.org.uk](http://www.gamcare.org.uk)** to talk.
- Develop your range of interests, especially with other people. Try to do things with friends and family who do not gamble.
- Try replacing gambling with activities and interests that meet similar needs, perhaps a sport with a strong element of competition or calculated risks.

## Take heart

- Be positive. Ensure that any changes you make are manageable and realistic - with each goal you achieve, your confidence and self-esteem will grow. You will also have an incentive to reach your next goal.
- If you have been gambling for many years, don’t expect your life to improve immediately. It will take time and effort to make changes, and to maintain them.
- Nearly everyone has lapses – you’ll need to be prepared to learn from these and try again. Don’t punish yourself, instead try to reflect on the day and think about what you have learnt from it. Take heart, and focus on the time you were not gambling.
- Be optimistic – you can overcome a gambling dependency.