

Do you recognise any of the following in your life?

- Spending significant amounts of time and/or money gambling
- Withdrawal from other activities, no interest in hobbies or work
- 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.



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



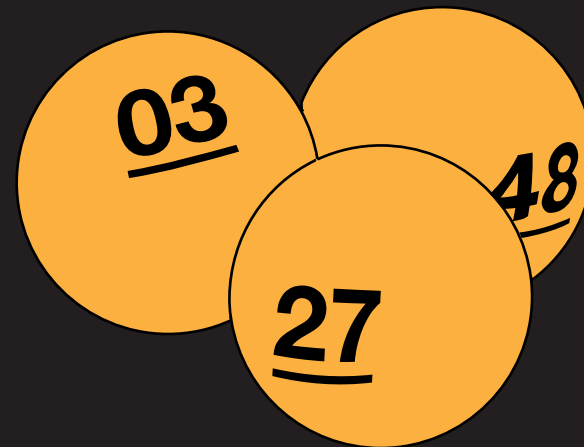
Funded by:

GambleAware[®]

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GamCare support women, too?

How GamCare can help women affected by a gambling problem



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Why do I have this problem?

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

Do you tell yourself you gamble 'for the money'? Is this really true? Perhaps, even if you win, you find yourself continuing to play until you have little or no money left.

GamCare, funded by GambleAware, provides **free, specialist treatment** for anyone experiencing difficulties resulting from a gambling problem - issues such as debt, relationship difficulties or stress and anxiety.

Our specially trained and experienced practitioners can give you the **safe, confidential space** you need to discuss how gambling affects you, and we will work with you to find strategies to help you move forward in a positive way.

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, operated by GamCare and funded by GambleAware, 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 other types of treatment might be right for you, you can work with a female practitioner if you want to. Your sessions could be face-to-face, online or over the phone, and we offer a range of group courses or one-to-one sessions.

Visit our website at www.gamcare.org.uk or talk to our Advisers 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 in your life that you trust, one of our Advisers or members on our Forum.
- As well as excluding yourself from gambling venues and sites, if you gamble online, you can access blocking software to help you avoid gambling sites. See our website for more information on the options available.

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

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