



**Free, confidential information,  
advice and support for anyone  
affected by problem gambling**

## **National Gambling HelpLine**

Call free or chat online

**0808 8020 133**

[www.gamcare.org.uk](http://www.gamcare.org.uk)

## **In the last 12 months, have you:**

- Bet more than you could really afford to lose?
- Been criticised for your betting or told that you have a gambling problem?
- Felt guilty about the way you gamble, or what happens when you gamble?
- Been affected by someone else's gambling?



**We know about gambling, we care about you. Talk to us today.**