



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

GamCare and our partner agencies across Great Britain provide a range of short- and long-term support and treatment options, (over the phone, face-to-face in your local area or online), for anyone affected by problem gambling.

Our services are free, flexible and confidential. You may receive one-to-one support or take part in courses where you can meet others in similar situations.

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

Scan here to visit our interactive map and find a GamCare partner near you



The GamCare website also offers our Forum and daily chatrooms where you can share your experiences, seek support and support others.

"Speaking to GamCare... was truly a weight off my shoulders, and now I have a more positive outlook on the future."

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.