

**GamCare** offers advice, information and practical help by phone and online.

**HelpLine:**

**0808 8020 133**

**NetLine:**

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

Post messages on the Forum, chat online, or talk to an adviser who'll let you know about local support, including counselling services, and sources of advice about related issues, like debt.

GamCare provides personal counselling to help you explore and consider situations relevant to your gambling in a safe environment over a period of 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, won't judge you and it's completely confidential.

The Helpline is open 7 days a week, 8am-midnight.

**Call free on:**  
**0808 8020 133**

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### Seeking help and advice

If you are concerned about your (or someone else's) gambling, don't keep it to yourself; talk to us, a friend, parent or relative that you trust. You may also find it helpful to seek advice from your doctor or from the following help agencies:

#### Gam-Anon

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

#### Gamblers Anonymous

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

#### StepChange

Free, independent debt advice and support.  
0800 138 1111  
[www.stepchange.org](http://www.stepchange.org)

#### National Debtline

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

#### Samaritans

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



# Let's keep it fun

Helping you to stay in control of your gambling

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# Helping you to stay in control

For most people gambling is fun and a great way to enjoy themselves. But, for a small minority, gambling can become a problem

## Are you developing a problem with your gambling?

- Have you put at risk important relationships, educational studies, or your career because of gambling?
- Do you chase losses by quickly returning to gamble when on a losing streak?
- When you win, do you have a strong desire to return and win more?
- Do you ever gamble until you have completely run out of money?
- Have you lied, stolen or borrowed to get money for gambling?
- Are you reluctant to spend gambling money on anything else?
- Do you ever gamble for longer than you had planned?
- Do you ever gamble to escape worry, trouble, disappointment or frustration?
- Do you feel depressed or suicidal because of your gambling?
- Are you in debt because of your gambling?
- Have you ever sold your own or your family's possessions to get money to gamble or to pay gambling debts?

If you answered 'yes' to any of these questions, you may be at risk of developing a problem.

Problem gambling can affect anyone. We want our customers to stay in control and gamble within their means

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## Strategies for help

There are a number of options that can be implemented to help you get your gambling under control. Speak to the manager for more information and assistance.

### Be honest

Stop hiding your gambling or keeping your gambling a secret.

### Talk about it

Talk to someone you trust - your family, a friend or call the GamCare Helpline on 0808 8020 133 for confidential advice.

### Talk to the manager

They do understand. Their experience in the industry gives them an awareness of the issues involved.

### Take short breaks

Just having a 'reality' break can help you to see things differently. You'll feel better for it!

### Set limits

Make a commitment before you start playing to set yourself a limit on how much time and money you will spend and keep to it!

### Organise

If you are concerned about your gambling, organise a period of self-exclusion with the manager. It's simply filling in a form. After the period of suspension is over, it can be reviewed with the manager.