

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

HelpLine:
0808 8020 133

NetLine:
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, in
a safe environment over a
period of time, situations
relevant to your gambling.
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.

0808 8020 133

www.gamcare.org.uk



GamCare is funded
by the Responsible
Gambling Fund

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.
08700 50 88 80
www.gamanon.org.uk

Gamblers Anonymous

A support fellowship for
problem gamblers.
020 7384 3040
www.gamblersanonymous.org.uk

Gordon Moody Association

A residential treatment centre
for problem gamblers.
01384 241292
www.gordonhouse.org.uk

Citizens Advice

Free, independent and
confidential advice and
information.
www.citizensadvice.org.uk

Step Change Debt Charity

Free advice on problem debt-
based on what's best for you
0800 138 1111
www.stepchange.org

National Debtline

Free, independent and
confidential advice on money
and debt problems.
0808 808 4000
www.nationaldebtline.co.uk

Payplan

Free confidential advice on
resolving debt problems.
0800 280 2816
www.payplan.com

Let's keep it fun

Helping you to stay in
control of your gambling



HelpLine:
0808 8020 133
www.gamcare.org.uk



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 or significant relationships, educational studies, a job 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'**, 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

**HelpLine:
0808 8020 133
www.gamcare.org.uk**

Strategies for help

There are a number of options that can be implemented to help you get your gambling dependency 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.