
Let's keep it fun!

Helping you to stay in
control of your gambling



Helpline:
0845 6000 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?

If you answered 'yes', you may be at risk of developing a problem.

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

Problem gambling can affect anyone, but 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 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 Helpline on **0845 6000 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.

GamCare provides a confidential Helpline throughout the UK and a range of help online. These services provide emotional support, advice, information and referral for people experiencing problems with their gambling and family and friends affected by gambling.

GamCare counselling provides a safe, confidential way for you to talk about your situation. Contact the Helpline for details of counselling and other support services available in your area. In addition, GamCare offers a Netline, an internet based helpline at www.gamcare.org.uk and an online peer to peer support forum for members.

Our helpline is open 7 days a week, 8am–midnight.

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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 a friend, parent or relative that you trust. You may also find it helpful to seek advice from your GP, 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.

0138 424 1292

www.gordonmoodyhouse.org.uk

Citizens Advice

Free, independent and confidential advice and information.

www.citizensadvice.org.uk

Consumer Credit Counselling Service

Free, confidential debt advice and support.

0800 138 1111

www.cccs.co.uk

The UK Insolvency Helpline

Free advice on financial problems.

0800 074 6918

www.insolvencyhelpline.co.uk

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 917 7823

www.payplan.com



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