

**“The lady I spoke to was lovely and helped with advice on ways to help me stop gambling. I am taking back my life from this moment onwards. Thank you.”**

**GamCare offers information, advice and support to anyone affected by gambling. Post messages on our Forum, chat online or talk to an Adviser who can let you know about local support and sources of advice about gambling-related issues such as debt.**

GamCare provides a range of treatment services across England, Scotland and Wales as well as online and over the phone. Our services are available to gamblers as well as family and friends who are affected.

To find out more, talk to one of our Advisers on the National Gambling HelpLine. They'll listen to you, they won't judge you and your conversation is completely confidential. All our services are free of charge.

The National Gambling Helpline is open every day. **Call free: 0808 8020 133 or live chat via [www.gamcare.org.uk](http://www.gamcare.org.uk).**

## Do you recognise any of the following?

- > Uncontrolled spending
- > Significant time spent gambling
- > Concealing or lying about gambling behaviour
- > Gambling impacting on relationships with family and friends
- > Withdrawal from family activities
- > Spending excessive amounts of time on a computer
- > No apparent interests or leisure pursuits
- > Absence from school, college, university or work

**Is gambling getting in the way of the life you want to live?**

**National Gambling HelpLine**  
**Call Free: 0808 8020 133**  
Live chat via [www.gamcare.org.uk](http://www.gamcare.org.uk)

## Help with a Gambling Problem

Find help and support today



Funded by  
**GambleAware**<sup>®</sup>

GamCare: A Charitable Company Registered  
in England No.3297914 | Charity No. 1060005



## National Gambling HelpLine

Call Free: 0808 8020 133

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

## Many people find themselves unable to explain why they continue to gamble

Understanding the role gambling plays in your life can be the first step in making changes to reduce the harm it causes. It is unlikely that there will be a single answer, and you may need a combination of strategies to make lasting changes. You are more likely to be successful if you have support from others.

For free information, advice and support you can contact our Advisers on **0808 80 20 133** or visit [www.gamcare.org.uk](http://www.gamcare.org.uk) to find out about treatment and support available in your area.



### Take steps

Try to stop all gambling while you are breaking the habit. Look for patterns - do you feel a need to gamble when you feel bored, stressed or under pressure?

Mark each day you do not gamble on a calendar; check how many days you managed to stay clear of gambling and try and beat this the next week. You can also reward yourself for a period free of gambling by buying or doing something for you or a loved one that is unrelated to gambling. If you feel uncomfortable handling money, take a friend along with you.

Other actions which might help:

- > Scheduling other activities for when you're most likely to gamble.
- > Making it harder to access your money. Ask someone you trust to handle your money for you for now.
- > Self-excluding yourself from gambling venues and sites, and installing blocking software for online gambling.

- > Writing your feelings down in a diary. Compare how you feel on days when you gamble to days when you don't and make a note of how you have coped.
- > Contacting the National Gambling Helpline or joining a local support group like Gamblers Anonymous to talk through your situation and find emotional and practical support.



### Take care

- > Take one day at a time and it will be easier to break your gambling habit.
- > Develop your range of interests, especially with other people who don't gamble.
- > Replace gambling with activities and interests that meet similar needs, perhaps a sport with a strong element of competition.
- > Be prepared for withdrawal symptoms. You may feel depressed, irritable, shaky or have palpitations.
- > There will be times when you may feel desperate to gamble. Instead, call our Advisers or log on to [gamcare.org.uk](http://gamcare.org.uk) to talk to others in similar situations.



### Take heart

- > Be positive. Set yourself achievable targets and be realistic. With each goal you achieve, your confidence and self-esteem will grow.
- > If you have been gambling for many years, your situation may not improve immediately. It can take time and effort to make changes and maintain them.
- > Nearly everyone has lapses – be prepared for them and to learn from them and try again. Don't punish yourself, instead try to reflect on the day and think about what you've learnt from it. Take heart, and focus on the time you were not gambling.
- > Be optimistic – you can make a change for the better.

## GamCare Support Services

GamCare offers information, advice and support for anyone negatively impacted by gambling. We operate the National Gambling HelpLine, plus a moderated online Forum and daily chatrooms where you can talk online to others in similar situations. These services are available every day.

GamCare and our partner agencies also provide a range of free treatment services. These are a safe, confidential space for you to talk, and to better understand the causes of harmful gambling behaviour, the effects it has on your life, and how you can find strategies to make positive changes.

### So, you'll tell me what to do?

No, your practitioner is there to support you and help you to understand your situation better, so you can identify the goals which matter to you and make positive changes in your life.

### How long does it take?

We offer a range of short- and longer-term treatment options, either over the phone, face-to-face or online. You may receive one-to-one support, or you may take part in group courses where you can meet others in similar situations.

Lapses may happen, and if they do your practitioner will work with you, supporting you towards your goals for recovery. If you change your mind about treatment at any time this is your choice, however, you can speak to your practitioner about other support options.

### How do I make a start?

Speak to one of our Advisers. They will listen to you, and talk you through the support options available. When you first contact us, we will ask you for some basic information like your contact details. All the information you give us is confidential and is stored securely.