

SEEKING HELP AND ADVICE

GAMCARE

HELPLINE : 0808 8020 133

www.gamcare.org.uk

We provide information, advice and counselling to individuals, their family and friends who have concerns about problem gambling.

GAMBLERS ANONYMOUS (GA)

HELPLINE: 0330 094 032

www.gamblersanonymous.org.uk

A self-help fellowship of compulsive gamblers wanting to address their gambling problems. The sister organisation, GamAnon runs groups for partners/families of compulsive gamblers. Groups are held weekly through the country.

GORDON MOODY ASSOCIATION

TEL: 01384 241 292

www.gordonmoody.org.uk/

A hostel providing accommodation, therapy and rehabilitation for compulsive gamblers.

BEGAMBLEAWARE

National Gambling Helpline 0808 8020 133

www.begambleaware.org

You can find advice and get access to free, confidential help by phone or online. You can learn about how gambling works, check if you or someone you know may have a gambling problem, and find tips on how to stay in control

NATIONAL DEBTLINE

HELPLINE : 0808 808 4000

www.nationaldebtline.org

Offers advice and support to enable callers to deal with their debts in a pro-active and informed way. Self help information packs are sent free to individuals with debt problems.



Problem
Gambling
Support

For immediate help and support in confidence,
please call The National Gambling Helpline

CALL FREE ON
0808 8020 133

AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK

The Helpline is operated by Gamcare.
Further information is provided on their website

www.gamcare.org.uk



**YOUR
GUIDE TO**

**RESPONSIBLE
GAMING**

STAYING IN CONTROL

For many people gambling is a fun and exciting form of entertainment which provides an enjoyable experience

However, we all take risks and gambling is, of course a particular style of risk taking. The temptation to try your luck or re-experience an early win may be irresistible. It is when you lose control of your gambling that it ceases to be an enjoyable social activity.

Each time you win you may find that you spend your winnings on more gambling, and if you lose you may desperately continue, hoping that a 'big win' is just around the corner. The more you do this, the more absorbed you become in the activity.

If you have lost control with your gambling and it has taken over your life and dominates your thoughts, if you cannot stop until you have run out of money, or if you have lost relationships, friends, possessions or jobs as a result of your gambling, then read on, this leaflet may help.

HOW TO STAY IN CONTROL

1. Always set yourself a time limit.
2. Always set yourself a spending limit and remember this is an entertainment activity and is supposed to be enjoyable.
3. Always remember to take a reality check, for instance take a break away from gambling and collect your thoughts.

DO YOU HAVE A GAMBLING PROBLEM

Please ask yourself the following questions

1. Have you put at risk important or significant relationships, educational studies, a job or your career because of the gambling?
2. Do you see gambling as a means of escaping from problems or other feelings?
3. When gambling and you run out of money, do you feel loss and despair and need to gamble again as soon as possible?
4. When gambling do you run out of money, including that needed to get home or buy something to eat or drink?
5. Have you lied, stolen or borrowed just to get money to gamble?
6. Do you chase losses by continuing or quickly return to gamble when on a losing streak?
7. Have you ever "borrowed" without prior permission in order to pay off your debts or to get money to gamble?
8. Are you reluctant to spend 'gambling money' on normal things?
9. Are you in debt because of gambling?
10. Do you try to hide the extent of your gambling?
11. Do arguments, frustrations or disappointments make you want to gamble?
12. Have you ever thought of suicide as a way of solving your problems?

The more you answer 'yes' the greater the likelihood of a serious gambling problem. Speak to someone about this.

STRATEGIES FOR HELP

- **Be honest firstly with yourself and then with others.**
- **Most of all take responsibility for yourself, don't run away from your problems, it never solves anything.**

Talk About it:

1. Call the GamCare Helpline.
2. Talk about it with someone you trust, your family, a friend or a counsellor.
3. Ask someone you trust to handle your money for an agreed amount of time (e.g 3 months)
4. Talk to your duty manager, they do understand. Their experience in the industry gives them an awareness of the issues involved. You can agree with all bingo clubs nationwide to Self-Exclude for a minimum period of 6 months, under which time you can get help to get your gambling dependency under control.
5. Offering the option to self-exclude nationally from all bingo clubs in the UK. The scheme prevents any further visits for a minimum of 6 months. You can easily enroll in the national scheme by speaking with one of our managers.
6. Self-Exclusion applies to all Bingo clubs nationwide.

Overall be optimistic - you can overcome a gambling dependency. Some gamblers find it impossible to go back to gambling without losing control, whilst others at a later stage are able to return to controlled gambling.