

If you need help...

If you or someone you know is unable to control their gambling, speak to a Manager or one of the following associations who are available to help.

GAMCARE

www.gamcare.org.uk

Helpline: 0808 8020 133

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

GAMBLERS ANONYMOUS (GA)

www.gamblersanonymous.org.uk

(See contact page for regional phone numbers)

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 throughout the country.

GORDON MOODY ASSOCIATION

www.gordonmoody.org.uk

Enquiries: 01384 241292

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

NATIONAL DEBTLINE

www.nationaldebtline.org

Tel: 0800 808 4000

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.

Responsible Gambling



www.club3000bingo.com

Enjoy & play responsibly. Over 18's only.

www.begambleaware.org



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

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.

If you think that your gambling may be getting out of control, 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 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 Do you gamble all of your 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 returning to gamble when on a losing streak?
- 7 Have you ever "borrowed" without prior permission in order to payoff 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, disappointments make you want to gamble?

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

Be Honest with yourself. Most of all take responsibility, don't shy away from problems.

- 1 Take one day at a time – you can gain control.
- 2 Contact one of the associations listed. They offer free, impartial, and confidential advice and support.
- 3 Ask someone you trust to handle your money for an agreed amount of time.
- 4 Use a calendar to help track your process, this will help you monitor your journey.
- 5 Talk to a manager, they do understand. Their experience in the industry gives them an awareness of the issues involved.
- 6 You can agree to Self-Exclude with Club 3000 for a minimum period of six months, in which time you can get help getting your gambling dependency under control. For more information on Self-Exclusion please talk to a manager.
- 7 Self exclusion applies to bingo association member premises.

Overall be optimistic – you can overcome a gambling dependency. Be as open and honest with yourself as possible and try to stay positive.

