

“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 face to face 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.**

Managing Money

If you realise gambling is a problem for you, handing over your finances to a trusted person such as your partner, a close friend or family member for a set period of time is always an option.

You can find lots of information on managing money, and any debt related to gambling, on our website at www.gamcare.org.uk.

Apps to download

Gambling Therapy - The GT App

This app provides a collection of tools and information to help you identify and overcome problem gambling, including:

- text based live support
- mindfulness and self help exercises
- crisis support information
- daily motivational quotes

Available free for iOS and Android.

Stay Alive

The Stay Alive app is a suicide prevention resource for the UK, with information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Available free for iOS and Android.

National Gambling HelpLine
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Live chat via www.gamcare.org.uk

Tools to help you stop gambling

Practical steps you can take today



 **GamCare.org.uk**
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 **GamCare**

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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 to find out about treatment and support available in your area.



Self-exclusion

You can 'self-exclude' from all types of gambling, either in a physical venue or online, which means you ask the gambling business to stop you from gambling with them, usually for between six months - five years.

You can ask the staff in a venue to do this for you, or you can arrange exclusion from multiple gambling venues or sites through 'multi-operator self-exclusion schemes':

- > GAMSTOP can exclude you from most online gambling companies who are licensed to provide gambling activities in the UK: www.gamstop.co.uk
- > The Multi Operator Self-exclusion Scheme allows you to choose the betting shops that you would like to be excluded from. Call **0800 294 2060** or visit <https://self-exclusion.co.uk/>
- > SENSE can exclude you from land-based casinos: www.nationalcasinoforum.co.uk/voluntary-self-exclusion-sense/

- > The Bingo Association can help you to self-exclude from all bingo halls: www.bingo-association.co.uk
- > BACTA manages self-exclusion for arcades and adult gaming centres: www.bacta.org.uk/self-exclusion

www.begambleaware.org also has useful information about self-exclusion.



Blocking software

To prevent yourself from accessing online gambling, it may also be helpful to download specific software to block gambling activities. We would encourage you to do your research and find out which is the best product for you. Some software is free, some charge a fee.

For smartphones and tablets, you can also search on the App store or the Android Market to find available products. If you are using iOS, on an iPhone or iPad, you can use the inbuilt parental blocker that will prevent access to gambling related content. You would need someone else to set the password for you.

General software is also available to block adult content, and your internet service provider may be able to offer you an option to opt out of all adult sites, or supply you with anti-virus software that allows you to block certain areas such as gambling. You can also ask your mobile phone or interactive TV provider to limit or block your access to gambling services.

Find out more at gamcare.org.uk/self-help/blocking-software/



Unsubscribe

You should only receive marketing communications by email or text message if you have given your specific consent to receive them. If you self-exclude, you should be removed from mailing lists at gambling companies. However, if you are receiving unwanted communications offering you gambling products, unsubscribe using the instructions provided. For more information visit www.gamblingcommission.gov.uk

It is also worth removing yourself from other mailing lists you may be on, for instance communications from payday lenders or other loan companies.



Keep busy

You may find it useful to replace gambling with other types of activities, which will occupy your time and keep you focused on something else, such as:

- > Playing sport – team sports are a good choice
- > Going to the gym or walking / running / hiking
- > DIY around the house, or for people who have supported you
- > Gardening
- > Further education or classes / social groups
- > Spending time on planned activities with friends or family
- > Volunteering

Find a positive motivator, something you can look forward to or a goal you want to achieve. Everybody's plan will be different; the important thing is that you find what works for you.



Self-help resources

GamCare offers a self-help workbook to help people change their relationship with gambling, working at their own pace.

The workbook is available as a single download, or you can work on it in sections if this would suit you better. The documents are provided as interactive PDFs so that you can download the file and then type straight into them, saving to your own device as you go along. You can also print copies if you prefer.

Visit gamcare.org.uk/self-help/self-help-resources/ to find out more.