



## **Do you think you might be addicted to gambling?**

### **Problem gambling**

Gambling in moderation is okay, but problem gambling can take over your life. Remembering the following will help to keep gambling in check.

- You're buying fun and helping a charity, not investing money
- Set strict limits on how much time and money you're going to spend, and only gamble what you can afford to lose
- Quit while you're ahead, and don't throw good money after bad
- Don't gamble to escape from stress or boredom and keep up other interests and hobbies.

If you are concerned about your own gambling, or that of a friend or relative, then the following questions may offer you some help and guidance.

- Have others ever criticised your gambling?
- Have you ever lied to cover up the amount of time or money you have spent gambling?
- Do arguments, frustrations or disappointments make you want to gamble?
- Do you gamble alone for long periods?
- Do you stay away from work or college to gamble?
- Do you gamble to escape an unhappy life?
- Are you reluctant to spend 'gambling money' on anything else?
- Have you lost interest in your family, friends or pastimes due to gambling?
- When gambling and you run out of money, do you feel lost and in despair, and the need to gamble again to try to win back your losses as soon as possible?
- Do you gamble until your last penny is gone?
- Have you lied, stolen or borrowed just to get stake money or to pay gambling debts?
- Do you feel depressed or even suicidal because of your gambling?

If you are answering 'yes' to many of these questions, then you probably have a gambling problem. Call the GamCare helpline on 0845 6000 133 for friendly and helpful advice from trained counsellors. The helpline is open 8am to 2am, 7 days a week. Sometimes, talking about your problem can be a relief and the first step towards dealing with your problem. Visit [www.gamcare.org.uk](http://www.gamcare.org.uk) for more information and advice.

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