

GamCare offers advice, information and practical help over the phone or online.

**Call free:
0808 8020 133
www.gamcare.org.uk**

You can post messages on the online Forum, chat online or talk to an Adviser who can let you know about local support, including counselling services, and sources of advice about related issues, like debt.

GamCare provides free counselling to help you explore and consider the situations relevant to your gambling in a safe, confidential environment.

To find out more, call the **National Gambling Helpline**, operated by GamCare, and speak to a specially trained Adviser. They'll listen, they won't judge you, and your conversation is confidential.

Help and advice

If you are concerned about your gambling, or someone else, don't keep it to yourself. Talk to us, a friend or relative that you trust. You can also seek help and advice from your GP or the following agencies:

Gamblers Anonymous

A support fellowship for problem gamblers.
www.gambleranonymous.org.uk

Gam-Anon

Support for friends and families affected by problem gambling.
www.gamanon.org.uk

Gordon Moody Association

A residential treatment centre for problem gamblers.
www.gordonmoody.org.uk

Citizen's Advice

Free, independent and confidential advice and information.
www.citizensadvice.org.uk

StepChange Debt Charity

Free advice on problem debt, based on what's best for you.
0800 138 1111
www.stepchange.org

National Debtline

Free, independent and confidential advice on money and debt problems.
0808 808 4000
www.nationaldebtline.co.uk

PayPlan

Free, confidential advice on resolving debt problems.
0800 280 2816
www.payplan.com

Samaritans

Confidential, emotional support for anyone in crisis.
116 123
www.samaritans.org.uk

Let's keep it fun...

Helping you to stay in control of your gambling



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