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# GAMBLING

Practical Guidance  
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# IS GAMBLING JUST A PART OF NORMAL LIFE?

## FOR SOME, GAMBLING MIGHT SEEM LIKE A PART OF EVERYDAY LIFE..

...a pound on the lottery or a bet on the Grand National. For many people it's an occasional activity. It is estimated however that about 70 out of every 1000 people gamble at levels that are more than just occasional and thought to be risky.

Gambling is defined as being a problem if it disrupts or damages personal, family or leisure time.

## SO ASK YOURSELF... Is this really a problem for me?

### IS THIS A PROBLEM FOR ME?

Answer either 'yes' or 'no' to the following:

- Do I spend a lot of time thinking about gambling?
- Am I spending a large amount of money on gambling?
- Have I tried to cut back on my gambling and failed?
- Do I get irritable about people commenting on my gambling?
- Do I gamble to cheer myself up or to escape from stress for a while?
- Have I ever lied to others about how much I actually gamble?
- Have I ever stolen money to fund a gamble?
- Has gambling affected my relationships or my work?
- Do I ever get a mate or family member to lend me money when I have lost?

### WHAT CAN CAUSE YOU TO LOSE CONTROL OF YOUR GAMBLING?

- Use of drink or drugs
- Trying to make yourself feel better if you are down or depressed
- Gambling to forget all the responsibilities of everyday life
- When frustrated or angry with others or even yourself
- Learnt from parents who may have been gamblers

### WHAT HARM COULD PROBLEM GAMBLING CAUSE?

There are many different types of harm that problem gambling can cause to you and your family. These include:

- Financial
- Family relationships
- Health
- Work
- Stress
- Debt
- Depression





## HOW CAN YOU HELP YOURSELF?

### Practical guidance you can follow...

PROFESSIONAL HELP WILL ALWAYS INCREASE YOUR CHANCE OF SUCCESS, BUT THERE ARE SEVERAL THINGS YOU CAN START TO DO TO HELP YOURSELF. THESE INCLUDE:



#### PLACE A LIMIT

Limit the amount of money you will gamble in a week and then stick to it!



#### GO CARDLESS

Leave credit or debit cards at home when out at a casino or event.



#### ONLINE CAP

Set gambling limits online and don't go over them.



#### PAYDAY

On payday, make sure all important bills are paid first, before you gamble.



#### FREQUENCY

Gradually reduce the number of times you gamble in a week.



#### PREP TO LOSE

Always be prepared to lose. The House always wins!



#### NO SAVINGS

Never spend savings on gambling, or money you can't afford.



#### BORROW BAN

Tell mates and relatives not to lend you money - even if you ask!



#### DISTRACTION

Take up a new hobby or activity to distract from gambling.



#### SPEND TIME

Spend more time with your friends and family.



#### PEER SUPPORT

Join a gambling support group in your local area.



#### TALK ABOUT IT

Talk to a trusted mate or family member about your gambling.

## WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

### REMEMBER...

...you are never alone.

Talk to a mate.

Ring the helpline.

Go online.

There is no need to let your problem gambling ruin your life - help is available.

There are many organisations nationwide and locally that can help you professionally.

These include:

#### NHS Choices

[www.nhs.uk/Livewell/addiction/Pages/gamblingaddiction.aspx](http://www.nhs.uk/Livewell/addiction/Pages/gamblingaddiction.aspx)

**Gamcare** is the national helpline on 0845 6000 133, with the sister service on NetLine, available online. Locally available services can be discussed via these two services.

The 12 Step meetings of **Gamblers Anonymous** on 020 7384 3040

These services can help with approaches such as counselling, practical advice on how to manage your gambling, as well as ongoing support.