

Recognising a gambling problem

Is your gambling causing problems for you or others around you?

The following signs may indicate a problem. Thinking about the last 12 months:

- ❓ Have you bet more than you could really afford to lose?
- ❓ Have you needed to gamble with larger amounts of money to get the same excitement?
- ❓ When you gambled, did you go back another day to try and win back the money you lost?
- ❓ Have you felt guilty about the way you gamble or what happens when you gamble?
- ❓ Has gambling caused you any mental health problems, including stress or anxiety?
- ❓ Have people criticised your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
- ❓ Has your gambling caused any financial problems for you or your household?
- ❓ Have you borrowed money or sold anything to get money to gamble?
- ❓ Have you felt that you might have a problem with gambling?

For more tips, visit: [BeGambleAware.org](https://www.begambleaware.org)

Get help

If you are concerned about your gambling and would like free and confidential help and support, contact:

For [advice](#) and [free treatment](#) visit:

[BeGambleAware.org](https://www.begambleaware.org)

or call the [National Gambling Helpline](#)

0808 8020 133

8am - Midnight, 7 days a week

Here you will receive:

✔ **Information and advice**

Referral to local sources of help including:

✔ **Personal counselling**

✔ **Crisis support**

✔ **Signposting to money & debt advice help**

Talk to someone about their gambling

The impact of someone else's gambling problem can be very stressful for friends and family members.

Want to help someone with a gambling problem but not sure what to do?

Here are some tips:

- ✔ Try and understand how they are feeling
- ✔ Let the gambler know you care
- ✔ Use positive communication rather than being confrontational or critical
- ✔ Listen carefully
- ✔ Be patient

If you are affected by a loved one's gambling problem contact: The National Gambling Helpline on **Freephone 0808 8020 133**
8am - midnight 7 days a week

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What is problem gambling?

Problem gambling is behaviour related to gambling which causes harm to the gambler and those around them including family and friends.

If someone is struggling to control their gambling behaviour it can cause stress, depression, anxiety, relationship breakdowns or they may fall behind at work and worry about money.

BeGambleAware®

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The National Gambling Helpline
on **Freephone 0808 8020 133**
8am - midnight 7 days a week

For more information, visit: [BeGambleAware.org](https://www.BeGambleAware.org)

Concerned about Gambling?

To get help when you need it
To understand the risks
To recognise a problem
To stay in control

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