

Just a bit of
fun



Helpline: **0845 6000 133**

Gambling should be fun and entertaining keep it that way - stay in control

Do you feel you can no longer manage your gambling?

Do you:

- Stay away from work or college to gamble?
- Spend far more than you originally intend when chasing your losses?
- Borrow money to gamble or pay back gambling debts?
- Put gambling ahead of your family?
- Feel unhappy when you run out of money and need to gamble again as soon as possible?

If you'd like information and support about managing your gambling contact GamCare for confidential advice

Helpline:

0845 6000 133

Website:

www.gamcare.org.uk

Log on to our **forum** and chatroom and join the thriving community which has a shared focus on overcoming problems resulting from gambling.

Your local GamCare Counselling Service is available on **01642 222951**

Supported by Middlesbrough Council and GamCare

