



SupportTeam
@Veor

Help for Problems with Gambling

Gambling can harm many areas of your life. This can include problems with your relationships, physical and mental health and finances.

If you're not sure if gambling is causing problems for you, answer these questions:

- Do you bet more than you can afford to lose?
- Do you need to gamble with larger amounts of money to get the same feeling?
- Have you tried to win back money you have lost (chasing losses)?
- Have you borrowed money or sold anything to get money to gamble?
- Have you wondered whether you have a problem with gambling?
- Has your gambling caused you any health problems, including feelings of stress or anxiety?
- Have other people criticised your betting or told you that you had a problem with gambling (regardless of whether or not you thought it was true)?
- Has your gambling caused any financial problems for you or your household?
- Have you ever felt guilty about the way you gamble or what happens when you gamble?

If gambling is seriously affecting your mental health and you need help urgently [find out where to get urgent help for your mental health.](#)



Treatment and Support Groups

- The National Gambling Helpline (run by [GamCare](#)) – call 0808 8020 133 for free 24 hours a day, 7 days a week for free information, support and counselling.
- [GambleAware](#) – the National Gambling Support Network service.
- [Primary Care Gambling Service](#) – a national service providing support for anyone experiencing gambling-related harms.
- [GamLearn](#) – the Gambling Lived Experience and Recovery Network service.
- [Gamblers Anonymous](#) – a local support group service that uses the 12-step approach to recovery.
- [Citizens Advice Bureau](#) – a charity that can advise you on a range of issues, including finances and gambling.
- [ChapterOne](#) – a charity that can provide advice and support for anyone experiencing gambling-related harms.
- You can go to a specialist gambling treatment clinic in England.
- They have a team of psychiatrists and psychologists who can:
 - treat you if gambling is causing you problems
 - support you with your recovery
 - provide therapy for any complex health needs you have related to gambling
 - support your family or friends if they need help
 - You can self-refer to a gambling clinic near you. Or you can ask a GP for information on services in your area.
- [NHS South West Gambling Service website](#)



SupportTeam
@Veor

Source: [NHS Gambling Support](#)