

THE LAW ON GAMBLING

In the UK, you must be 18 to partake in all forms of gambling activities.

RULES ON GAMBLING ADVERTISING

Guidelines from ASA state:

- Adverts of any kind relating to gambling should not appeal to under 18's.
- Gambling logos prohibited from appearing on children's replica kits or under 18's sports teams' clothing.



YOU CAN FIND A RANGE OF GAMBLING RESOURCES ON OUR WEBSITE BY SCANNING THIS QR CODE!



HELP & ADVICE



www.gamcare.co.uk



www.nationaldebtline.org



www.gamstop.co.uk



0808 8020 133



0330 094 0322



0800 144 8848

GAMBLING AWARENESS

TAKE TIME TO THINK!



NOV 2022

GAMBLING ADDICTION CAN DESTROY LIVES

WHAT IS GAMBLING?

Gambling is when you wager something of value in an event which has an uncertain outcome. The most popular forms of gambling are:



Football Betting



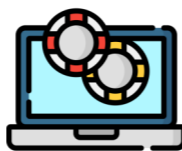
Bingo



Horse Racing



Lottery



Online Gambling

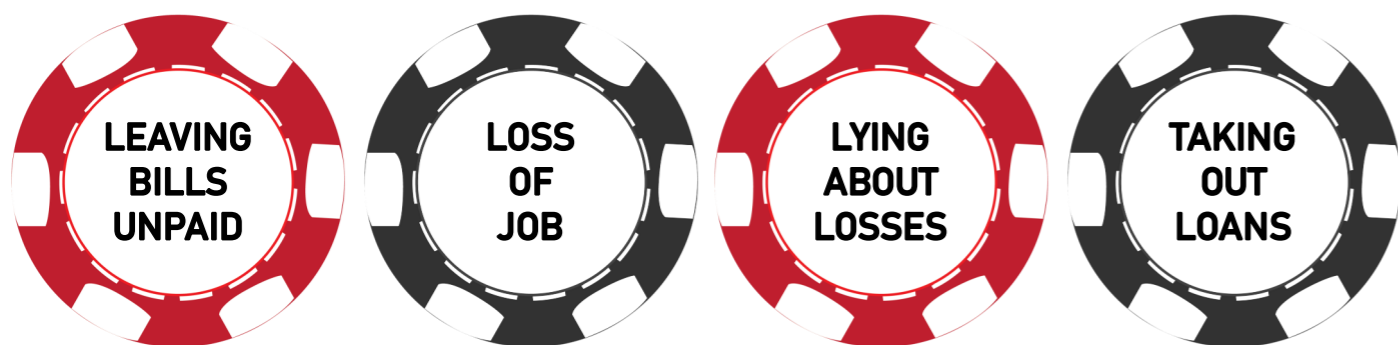
GAMBLING CAN BE EXTREMELY ADDICTIVE.

THE EFFECTS OF GAMBLING

A Gambling Disorder/ Problem Gambling is a recognised medical condition. It is when a person repeatedly gambles despite the negative consequences, they have lost control and see gambling more important than other activities or interests. It can affect their health, causing:



WHAT ARE OTHER SIGNS OF A GAMBLING DISORDER?



THE FINANCIAL CONSEQUENCES AND STRESS OF PROBLEM GAMBLING CAN ALSO STRAIN RELATIONSHIPS WITH LOVED ONES.

YOU ARE NOT ALONE! 1.4 MILLION ADULTS IN 2021 WERE ADDICTED TO GAMBLING (GAMBLEAWARE)

WHAT SUPPORT IS AVAILABLE?

ACKNOWLEDGING YOU HAVE A PROBLEM WITH GAMBLING IS THE BIGGEST STEP ON THE ROAD TO YOUR RECOVERY.



Speak to family or friends



Contact National Gambling Helpline



Speak to your GP

All of these people can help you find support. The National Gambling Helpline and your GP can help refer you to Gambling-based Counselling services or peer support groups that suit your needs.

SELF-EXCLUSION

If you want to take steps to stop gambling, you can ask to be 'Self-Excluded'. This prevents you from betting on certain gambling premises or websites.



By law, all online gambling companies are required to participate in GAMSTOP. This allows someone to self-exclude from all online betting with a single request.

GAMSTOP is a free service which, once registered for it, prevents you from using gambling websites and apps for companies licensed in the UK. This can be for a period of your choosing from six months to five years.

**THERE IS A WAY OUT;
REACH OUT FOR HELP!**