



GAMBLING



Gambling is taking part in a game during which you risk money, or something of monetary value, in order to win money or a prize. The outcome of the game is usually down to chance, so when gambling you might leave with less money than you started off with, and sometimes with nothing at all.

Types of gambling:

- Lottery
- Card games e.g. Poker
- Betting on sports/events
- Casino games
- Gambling machines
- Bingo

Why do people gamble?

- To win money
- To socialize
- To pass time
- For excitement

How to tell when gambling is becoming a problem:

- Do you feel the need to be secretive about your gambling?
- Do you have a lack of control when gambling, can you walk away?
- Do you gamble even when you don't have the money to do so?
- Are your friends and family are starting to worry about you?

Self-help for gambling problems:

- Find an alternative way to relieve any unpleasant feelings and take your mind off any problems you may be having
- Reach out to friends and family for help, make them aware of the situation
- Join a peer support group, this will allow you to talk to others with similar experiences and get guidance from them
- Seek help for any underlying issues/disorders that may have led to you starting to gamble
- Speak to professionals who can help you at <https://www.begambleaware.org/>
- If you ever need someone to talk to regarding any issues that could affect your health and wellbeing feel free to call our Safeguarding line 24 hours a day on 01565 745 036