

# Gambling

citizens  
advice

## Calderdale

Gambling can be fun, but it's not a way to earn money. Only use money you can afford to lose and understand the odds of the game you're playing. Don't let gambling ruin your life, share your concerns and get help.

Citizens Advice Calderdale has produced this aid to help people concerned about their own or others gambling habits.

### Help yourself

1. If you gamble at specific places try to avoid them. Do you buy scratch cards when you buy your daily paper? Get it delivered.
2. Avoid substances that can impair judgement, such as alcohol or drugs.
3. Try to work out what triggers your gambling behaviour. Is it boredom? Try a new hobby.
4. Ask your mobile phone provider to limit access to gambling services.
5. Make it hard to access money. Cut up credit cards.
6. Use the self-exclusion schemes available below.

### Signs of addiction

Do you recognise any of the following?

- Borrowing or stealing money from people to gamble.
- Uncontrolled spending.
- Spending excessive amounts of time on a computer.
- Anxiety or stress.

### Self-exclusion

All licensed gambling businesses operate a self-exclusion scheme.

#### How the schemes work

**On-line** - ban yourself from online accounts or venues:

- Blocking software is available from GamCare (GamBlock and Betfilter). There could be a cost.

**Bingo and Casino** - these companies operate their own national self-exclusion scheme where with one application you can self-exclude from all members of the scheme nationally:

- Bingo - [www.bingo-association.co.uk](http://www.bingo-association.co.uk)
- Casinos - [www.playingsafe.org.uk/sense-information](http://www.playingsafe.org.uk/sense-information)

**Arcades and betting shops** - these companies operate their own local schemes:

- Arcades - [www.bacta.org.uk](http://www.bacta.org.uk)



### Ask for help

#### Talk to someone you trust

- Free, independent, confidential advice - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- **GamCare** national free helpline - 8am to midnight - [www.gamcare.org.uk](http://www.gamcare.org.uk)
- Confidential, 24/7, emotional support for anyone in crisis - [www.samaritans.org.uk](http://www.samaritans.org.uk)
- **Gambling Commission** - regulate gambling in GB - [www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk)



### Further information

A big 'thank you' to Citizens Advice Newport for their invaluable support. They have a range of detailed fact sheets. E-mail: [gamblingsupport@newportca.org.uk](mailto:gamblingsupport@newportca.org.uk) for further information.



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