

Signs of Gambling addiction

citizens
advice

Calderdale

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.



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 .

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How to help yourself

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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.

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