

GAMBLING CAN BE HARMFUL.

IF YOU CHOOSE TO GAMBLE, HAVE A PLAN IN PLACE:



Know that gambling is designed to take your money and keep you playing



Stick to your budget rigorously



Set a time limit



Don't gamble when feeling emotional



Never chase your losses

KNOW THE SIGNS OF HARMFUL GAMBLING:

- Thinking about gambling constantly
- Often spending more money on gambling than intended
- Gambling as a way of escaping from problems
- Being restless when attempting to cut down on gambling
- Becoming secretive or lying
- Fast-paced, repetitive games have a higher risk of harm

If you are worried about your own or someone else's gambling, the first step is to talk about it.

SPEAK TO THIS MEMBER OF STAFF:

REACH OUT FOR SUPPORT:



www.BeGambleAware.org



0808 8020 133



Support across Scotland
RCATrust.org.uk



Self-exclude at **GAMSTOP.co.uk**

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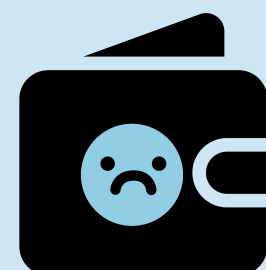
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