



The Scottish Gambling Education Hub

All **GAMBLING** involves risk.
Some common signs of harm include...

- ! Thinking about gambling constantly
- ! Being restless when attempting to cut down on gambling
- ! Losing sleep due to worry or gambling itself
- ! Less involvement with usual activities or hobbies
- ! Often spending more money on gambling than intended
- ! Falling out with family or friends because of gambling
- ! Gambling as a way of escaping from problems or relieving depression
- ! Missing school, not submitting homework, dropping grades
- ! Becoming secretive or lying about how much you spend
- ! Returning – after losing money gambling – another day in order to get even
- ! Borrowing money or stealing to gamble

Think you or someone you know might need support?



IF YOU ARE WORRIED

about your own gambling – or the gambling of someone you care about – **the first step is to ask for help.**



BeGambleAware.org



0808 8020 133



Local support at **RCA Trust**



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



Whatever you're dealing with, help is out there.

Get in touch for one-to-one confidential advice, information, and emotional support.

If you decide to gamble, reduce your risk:



Set time and spending limits and stick to them



Learn more about how the gambling industry works



Consider any losses the cost of playing



Do not gamble if you are feeling angry, upset or lonely



Keep a balance in your life



Never try to win back lost money



Become educated about the warning signs of gambling harms



Make it a rule not to gamble with borrowed money

These tips may not be appropriate if you are already experiencing harm. If you find it difficult to stick to them, consider reaching out for support.