



Support for Gambling Harms

Can you or someone you know relate to:

- Spending more than you can afford
- Spending a lot more time online
- Regularly buying lottery tickets or scratch cards
- Gambling affecting your relationships with family and friends
- Lacking or having no interest in other activities or hobbies
- Being absent from school, college, university or work
- Lying or being secretive about money
- Borrowing money to cover debts or pay bills

We are here to listen, help and support you



Are you or a family member affected by gambling?

**CONTACT US TODAY FOR
CONFIDENTIAL SUPPORT FROM OUR
FRIENDLY MULTILINGUAL TEAM**

Support and Advice:

- 1-1 or Group Peer Support
- A Holistic Recovery Programme - baking, yoga, coffee & chat and more.
- A pathway to specialist treatment
- Counselling
- Welfare Rights
- Befriending
- Debt Management
- Domestic Abuse



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