



# Mental Health Information Station

## Problem Gambling

### Five Resources that can help with Problem Gambling

Do you feel like you cannot stop gambling, even though you want to?  
Are you relying on gambling for joy, financial gain, or to avoid difficult emotions?  
Do you feel isolated from others because of your gambling?

These are all indicators that gambling might be a problem. Here are **5 things to consider**:

- 1) **National Gambling Helpline** - Freephone: **0808 80 20 133** open 24/7.
- 2) **Live Chat with GamCare**: <https://www.gamcare.org.uk/get-support/talk-to-us-now/>
- 3) **Gambling Blocking Software**: [www.gamcare.org.uk/self-help/blocking-software/](http://www.gamcare.org.uk/self-help/blocking-software/)

Gambling Blocking Software might not be free, but could save you a lot of money. Gamcare reviews software on offer, including some with free trials. Note that most High Street banks can offer this through their own websites - see you Bank's online 'Help with Gambling' pages .

### 4) Money advice

It's particularly important to seek advice if you are a partner or otherwise financially linked to a problem gambler. You need to find out whether you are jointly liable for any of the debts or if only the gambler is liable. Free, independent money advice is available from organisations including:

National Debtline - T: 0808 808 4000 , W: [www.nationaldebtline.org](http://www.nationaldebtline.org)  
Money Helper Service - W: <https://www.moneyhelper.org.uk/en>  
Citizens Advice - W: [www.citizensadviceedinburgh.org.uk/](http://www.citizensadviceedinburgh.org.uk/)  
StepChange Debt Counselling - T: 0800 138 1111, W: [www.stepchange.org/](http://www.stepchange.org/)  
PayPlan - T: 0800 316 1833, W: [www.payplan.com/gamcare/](http://www.payplan.com/gamcare/)

### 5) Find support for your mental health

Research suggests that people affected by gambling problems are more likely to suffer from low self-esteem, become anxious, experience poor sleep and appetite, develop a substance misuse problem and suffer from stress and depression. For this and many other reasons, it's so important to explore your mental health and how this relates to gambling.

Gambling is often used by people as a way to escape other problems in their lives. This could be stress at work, relationship problems or other issues that they are struggling to deal with (past or present). Gambling produces a short-term feeling of a 'high', however many 'lows' will follow the longer you continue. If someone is already struggling with their mental health, these feelings can be enhanced by gambling, making them worse over time.

See your GP or call the National Gambling Helpline for free, non-judgemental support.