

Gambling Can be Fun but sometimes it gets out of hand!

- Have you considered that the way you game might be a form of gambling? If so has it affected you?
- Have you felt guilty about the way you gamble or what happens when you gamble?
- Have you been affected by another person as a result of their gambling?

If you can answer yes to any of the above questions, support is available. We offer confidential 1:1 zoom drop in sessions three times a week, which are run by one of our treatment practitioners.

Drop In Sessions

Tuesday 12pm-2pm

Wednesday 5pm-7pm

Thursday 12pm-2pm

Meeting ID: **822 1430 7003** Passcode: **805660**

Alternatively call, email or access live chat on Leeds Community Gambling Service: **0113 388 6466**

Email: **leedscommunitygamblingservice@gamcare.org.uk**

Livechat: **<https://aurapp01.mplaurora.net/chatapp/JoinChat.aspx>**

Ring the National Gambling Helpline 24/7 free on: **0808 8020 133**

Or access more information on our website: **www.gamcare.org.uk**

