

National Gambling HelpLine

Call Free: 0808 8020 133

Live chat via www.gamcare.org.uk

**Gambling can be fun,
but it can get out of
hand sometimes**



Handy tips to keep yourself safe include:

- Only ever bet what you can afford to lose
- Set limits for your time and money, don't chase losses
- Never gamble when stressed or depressed
- Tell a friend or someone you trust if you feel gambling could be a problem for you

For more information plus free, confidential support, call us or visit our website >>

**Leeds Community
Gambling Service:
0113 388 6466**



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