

ENJOY GAMBLING, BUT...

WHEN
THE

FUN

STOPS



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Gambling may be fun, but some people can lose control and gamble more than they can afford. Here are some steps you can take to help avoid gambling becoming a problem.

- 1. SET YOUR LIMITS AT THE START**
- 2. ONLY BET WHAT YOU CAN AFFORD**
- 3. NEVER CHASE YOUR LOSSES**
- 4. DON'T BET IF YOU'RE GETTING ANGRY OR FRUSTRATED**
- 5. NEVER PUT BETTING BEFORE YOUR MATES**

In the end, it all boils down to one thing...

WHEN THE **FUN** STOPS **STOP**TM

If gambling is always on your mind, take a break. If you're worried about your gambling, or have concerns about a friend or family member, here are some places to get help:

Gambleaware.co.uk is an independent website that provides information to help you make informed choices about your gambling and tools to help you to recognise problem gambling.

The National Gambling Helpline offers free help and support, and can refer you to a local treatment service if necessary. Call **080 8020 133** to speak to a trained advisor.



This leaflet is produced by Senet Group, the independent body that promotes responsible gambling standards.



www.senetgroup.org.uk