

“ The lady I spoke to was lovely and gave me advice on ways to help me stop gambling. I am taking back my life from this moment onwards. Thank you.”

How do I make a start?

Speak to an Adviser on the National Gambling HelpLine. They will listen to you, and talk you through the support options available, and can refer you straight into treatment services if you want.

When you first contact the HelpLine, you will be asked for some basic information like your contact details. All the information you give is confidential and is stored securely.

There is lots more information available on the RAF Benevolent Fund website, and you can also speak to your commanding officers or the welfare team on base if you would like to.

Freephone: 0808 8020 133

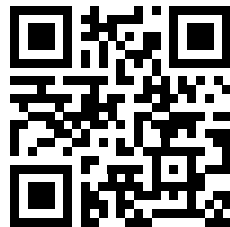
Live chat: gamcare.org.uk

In the last 12 months, have you:

- > Bet more than you could really afford to lose?
- > Been criticised for your betting or told that you have a gambling problem?
- > Felt guilty about the way you gamble, or what happens when you gamble?
- > Been affected by someone else's gambling?

Is gambling getting in the way of the life you want to live?

Find more information and dedicated support at rafbf.org/gambling



In partnership with:



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Charity No. 1060005

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**GAMBLING:
SUPPORT FOR
INDIVIDUALS**



**National Gambling HelpLine
Freephone: 0808 8020 133
Live chat: gamcare.org.uk**

FOR MANY PEOPLE GAMBLING IS NOT A HARMFUL ACTIVITY, BUT FOR SOME IT CAN BECOME A SERIOUS PROBLEM.

Gambling has the potential to cause a variety of negative impacts. If you use gambling to cope with stress, anxiety and life pressures, you might be at risk. Over time, the more you gamble, the more you will lose – and this may not be just money. If you gamble, some things may increase the risk of problems occurring, including:

- > Loneliness
- > Change in financial circumstances
- > New peer groups who are used to gambling
- > Stressful encounters when in Service

To protect yourself against potential harms, it's worth being aware that there will be a variety of ways to gamble while on base, including on gaming machines and through your personal devices, but also through lotteries, wagers and card games with colleagues and friends. Remember:

- > Only spend what you can afford to lose
- > Set your limits for time and money
- > Gambling when angry or stressed is not a good idea
- > Gambling shouldn't interfere with your relationships
- > Gambling is not the answer to any problem

It's a good idea to keep an eye on your gambling as things change, even if you're not worried right now. If you feel that gambling may be harming you or the people you care about, GamCare is here to help.



Impacts of a gambling problem

A problem with gambling can not only have an impact on your finances, but your relationships, mental wellbeing and work life can suffer.

If you need to concentrate, but you're thinking about gambling instead, this can have serious consequences for you and the people around you.

It can be easy for people to convince themselves that their gambling behaviour is not the most pressing issue they have to deal with, and that if they keep gambling, they will win their money back and their financial worries will be over.

Gambling is never the solution. If you think it may be a problem for you, the longer you leave it and continue to gamble, the worse it will become.

Sometimes, people may feel their gambling behaviour has created a sense of isolation that they don't feel they can overcome, and they feel like ending their lives. **If this is what you are feeling, know that you are not alone. A range of free and confidential support is here for you.**

Gambling problems can be complicated, but finding the right support doesn't have to be. If at any time you feel like gambling may be becoming an issue, talk to GamCare.

Family and friends can also find support if they are affected by someone else's gambling.



GamCare support services

Working with the RAF Benevolent Fund, GamCare offers information, advice and support for anyone negatively impacted by gambling.

GamCare and their partner agencies also provide a range of treatment services:

- Free helpline: 24/7 365 days a year, via phone or live chat
- Treatment: local treatment, for free
- Online services: Forum, chatrooms and website

What you tell GamCare is in confidence, and your colleagues do not need to know if you don't want them to. GamCare will not judge you, and will work with you to find the best range of support to help you achieve your goals.



How long does it take?

GamCare offer a range of short- and longer-term treatment options, either over the phone, face-to-face or online. You may receive one-to-one support, or you may take part in group courses where you can meet others in similar situations.

If you want to stop gambling completely, it helps to understand that lapses may happen. If they do, your practitioner will work with you so you can learn from them, and we will support you towards your goals for recovery.