

// No matter what situation you are in, contact GamCare for help. It's so easy and so very worth it. GamCare has changed my life and those of my loved ones for the better and there is nothing more satisfying than that. A crushing weight has been lifted off my shoulders and I am a calmer, happier person now."

? 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.

Find out more on the RAF Benevolent Fund Website, or speak to the welfare team on base.

Freephone: 0808 8020 133

Live chat: gamcare.org.uk

Gambling problems can be complicated, but finding the right support doesn't have to be.

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



In partnership with:



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**Royal Air Force
Benevolent Fund**

GAMBLING PROBLEMS:

SUPPORT FOR

FAMILIES AND FRIENDS



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

IF SOMEONE YOU CARE ABOUT IS STRUGGLING WITH GAMBLING, HELP IS HERE.

Gambling has the potential to cause a variety of negative impacts. If someone uses gambling to cope with stress, anxiety or life pressures, they may be at risk.

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. In reality, gambling is never the solution.

As many as 5% of Serving Personnel and 2% of their partners* think that gambling may be a problem for them. It may feel like it's too difficult to talk about the problem with anyone, and it may feel frustrating if you don't quite know what to do to help.

There are a range of services available to you and your loved ones. You are not alone.

*'Meeting the Needs of the Serving RAF Community' (2018):
rafbf.org/about-us/annual-review-and-report



Impacts of a gambling problem

People who have a gambling problem often experience negative consequences because of their actions. This can include financial struggles, mental health problems and/or relationship breakdown. As somebody who has been affected by another person's gambling problem, you might have experienced similar gambling-related harms. GamCare hear from many family members and friends who are experiencing the impacts of someone else's gambling, including:

- > Financial worries – including debts
- > Social issues - guilt or shame, family dynamics changing, or feeling isolated from others
- > Emotional strain – a loss of trust in the relationships you care about; physical and mental wellbeing may decline due to stress

We understand that being part of an armed forces family presents special challenges, too, including loneliness if your partner is away, and that the boundaries between work and personal lives may become blurred.

If you feel that gambling may be harming you or the people you care about, GamCare is here to help.

GamCare hear from many people who feel isolated because there is still a lot of stigma surrounding gambling problems. It is important to know that you are not alone in this, and that help is available.



GamCare support services

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

They operate the National Gambling HelpLine, either over the phone or via live chat, plus a moderated online Forum and daily chatrooms where you can talk online to others in similar situations.

These confidential services are available for free, every day of the year.

GamCare and their partner agencies also provide a range of free treatment services. These are a safe, confidential space for you to talk, and GamCare practitioners can help you to understand why people gamble despite the negative consequences, as well as helping you work through your thoughts and feelings about your own situation.

GamCare offer a range of short- and longer-term treatment options. You can access these services face to face if you're near a treatment centre, or you can receive help online or over the phone.

What you tell GamCare is in confidence, and nobody else needs 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. By making sense of everything yourself, you'll be in a better position to move forward.