

National Gambling HelpLine
Call Free: 0808 8020 133

**Have you been affected
by your own or someone
else's gambling?**

**Talk to us. We understand and
we can help.**



Our number is free to call from prison.
Ask a member of staff to ensure our number is on your
Global Call List. Calling us will not count towards your
call allowance.



GamCare is a Charitable Company Registered in England No. 3297914 Charity No. 1060005