I STARTED MY RECOVERY WHEN THE ONLY THING LEFT TO LOSE WAS MY FAMILY.

Is your gambling getting out of control?
You’re not alone. Combining practical tools with support, we can help you stop gambling:

- **Talk:** By speaking to one of GamCare’s trained Advisers on the National Gambling Helpline (over the phone or via live chat) to access expert information, advice and support.

- **Ban:** Gamban’s software blocks access to thousands of global gambling sites and apps. It can be installed on up to 15 devices – including those in the household.

- **Stop:** GAMSTOP’s self-exclusion prevents you from accessing current gambling accounts or creating new ones with all the online gambling operators across the UK.

We are here to help: from moral support through to expert advice. GamCare, GAMSTOP, and Gamban working together can be the start of your recovery journey.

**Kick-start your recovery journey today, head to www.TalkBanStop.com**

**IS YOUR GAMBLING NEGATIVELY AFFECTING YOU AND THOSE CLOSEST TO YOU?**

**TALK BAN STOP.**

GamCare

Gamban

GAMSTOP

**TALKBANSTOP.com**

**NATIONAL GAMBLING HELPLINE**

0808 8020 133