



Free, confidential gambling support for people across the criminal justice system

We know about gambling and the impacts it can have. We can help - talk to us today.

National Gambling Helpline

Call free: 0808 8020 133

Live chat via www.gamcare.org.uk

Has your gambling or the gambling of someone close to you had a negative effect on your life?

A negative effect might include financial problems, involvement in crime, relationship problems or poor health including mental health issues like stress, anxiety or depression.

If you answer 'yes', have a chat with us to find the right support.