



We are available **Monday to Friday**
0900 - 1700

- > Call us on **0113 388 6466**
- > Complete self-referral form at
www.gamcare.org.uk/leeds
- > Email our team for more
information on
LCGS@gamcare.org.uk

Any calls out of our working hours
will be forwarded to the National
Gambling Helpline, operated by
GamCare which runs twenty-four
hours a day, seven days a week.

You can also connect with others in
similar situations through GamCare's
online resources, including forums
and our daily chatrooms.



@LeedsCGS

facebook.com/LeedsCGS



**Have you been affected by your
own gambling or the gambling of a
loved one?**

- > Betting more than you could really afford
to lose.
- > Being criticised for your betting or told that
you have a gambling problem.
- > Feels of guilt about the way you gamble, or
what happens when you do.

Leeds Community Gambling Service

Opening hours: Monday - Friday, 9am - 5pm

Contact us:

Merrion House, Woodhouse Lane
Leeds, LS2 8LX

0113 388 6466
leedscommunitygamblingservice@gamcare.org.uk

www.gamcare.org.uk/leeds

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Leeds Community Gambling Service

Help and support for anyone affected
by gambling problems



In partnership
with:





- > Our aim is to provide information and awareness of gambling related risk to prevent the harms that can occur, as well as one-to-one support for anyone wanting to speak to us confidentially.
- > Research has shown there could be up to 30,000 people across Leeds who are at risk of gambling harm.
- > Support is offered at physical locations face-to-face, online or over the phone, for anyone wanting to discuss their own gambling or if they are affected by anyone else's gambling.
- > We are happy to talk about any form of gambling, no matter how much money is spent or any length of time someone has been gambling.
- > Our support team are based in the city centre and at several other locations across Leeds.



Gambling can impact on:

- > **Money** – Spending more than you planned.
- > **Time** – Losing track of time spent gambling.
- > **Mood** – Your mood could be dependent on whether you win or lose.
- > **Relationships** – Putting a strain on relationships with family and friends.
- > **Focus** – Struggling to concentrate or be motivated by everyday things.
- > **Secrecy** – Feeling a need to hide the extent of your gambling.



We understand that these factors may lead to feelings of guilt and shame, which can be difficult to manage.

Our support team are here to help manage the impacts gambling can have on yourself and those close to you.

If you're affected by someone else's gambling:

Gambling does not just impact the individual

- > Between 6 – 10 other people can be affected by the gambling of one person.
- > It is common for people affected by another person's gambling to experience emotional distress.
- > It is also common for people to have needed to provide money to cover losses for the person gambling.

Between 6 – 10 other people can be affected by the gambling of one person.

At the Leeds Community Gambling Service, we are committed to providing support to anyone affected by someone else's gambling.