

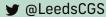
We are available **Monday to Friday 0900 - 1700**

- > 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.





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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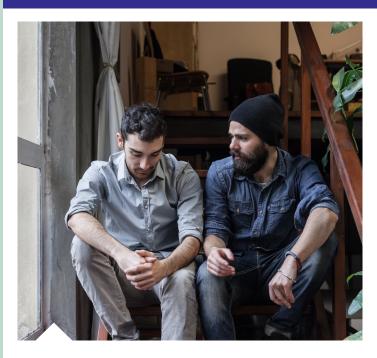
Funded by Gamble Aware



0113 388 6466 www.gamcare.org.uk/leeds

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-toone 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 faceto-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.

