

## Are these signs familiar?

### Signs of a Problem Gambler

- Uncontrollable spending and possible financial difficulties
- Excessive time spent on gambling activity
- Hiding or lying about gambling
- Gambling is affecting relationships with significant others and friends
- Withdrawing from family and social activities
- Excessive time spent on the computer
- Interests become less significant
- Absence from work or educational establishments
- Impulsive behaviour

**If you can identify with any of the above signs, you may be experiencing some distress. Counselling can help you to work through these issues and improve your relationship with gambling.**

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illustration: www.oivindhowland.co.uk

design: www.mammalcreate.co.uk

ARA registered charity number 1002224

## Contact us for further support:

ARA offers a range of Gambling Services in South Wales and South West England. You can find further details about these on our website.

## For further information contact:

### Addiction Recovery Agency

King's Court, King Street  
Bristol BS1 4EF

**Phone: 0117 930 0282**

Web: [www.addictionrecovery.org.uk](http://www.addictionrecovery.org.uk)  
Email: [info@addictionrecovery.org.uk](mailto:info@addictionrecovery.org.uk)

**If you need support immediately, please talk to GamCare advisers on the helpline – call FREE on**

**0808 8020 133**

 addiction recovery agency  
treatment, support, recovery



responsible  
gambling  
trust



ADDICTION  
RECOVERY  
AGENCY

# ARA GamCare GAMBLING SERVICES

SOUTH WALES AND SOUTH WEST ENGLAND

**A FREE and CONFIDENTIAL COUNSELLING** service helping people to make positive changes to **GAMBLING** behaviour

The Service is for those affected by gambling:

- **Practical Advice and Information**
- **Planning For Change**
- **One to One Counselling**
- **Achieve Your Goals**

**TREATMENT, SUPPORT AND RECOVERY**





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## About ARA

ARA's counsellors have been trained by GamCare to work with those people affected by a gambling problem. Additionally ARA is an independent provider of services designed to reduce the harm alcohol & drugs causes to individuals, families and the communities they live in.

## Gambling Services

ARA's counsellors receive ongoing GamCare training to enable them to provide free, confidential, one to one counselling and support for anyone affected by problem gambling. ARA deliver GamCare counselling in the following locations and surrounding areas:

- Bristol
- South Gloucestershire
- Somerset
- North Somerset
- Bath & North East Somerset
- Cardiff
- Merthyr Tydfil
- Newport
- Swansea

To arrange to talk to someone please contact ARA on 0117 930 0282 or email [info@addictionrecovery.org.uk](mailto:info@addictionrecovery.org.uk)

To find out more about ARA visit their website at [www.addictionrecovery.org.uk](http://www.addictionrecovery.org.uk)

## Safer Gambling

### Responsible Gambling

Responsible gambling involves being in control of the cost and time you gamble. This involves allocating a limit of funds and time spent gambling. Responsible gambling may also mean not gambling. The pay offs for responsible gambling are minimising risks to yourself and avoiding negative affects on relationships with family, friends and colleagues.

### Avoid:

- Gambling if under the influence of alcohol or drugs
- Gambling to avoid and distract from problems
- Excessive time spent on gambling behaviour
- Cancelling other commitments to gamble
- Chasing to win back money lost
- Borrow money to fund gambling

### Try to:

- Gamble responsibly by planning when and for how long to gamble
- Play within your financial limits
- Gamble in licensed premises
- Become aware of self exclusion options available to assist control
- Accept that there are a minority that win long term
- Be open about your gambling and if it becomes an issue ask for help

### Useful Contacts For Support

**GamCare Helpline:** 0808 8020 133  
and **Netline** [www.gamcare.org.uk](http://www.gamcare.org.uk)

**Gamblers Anonymous:** 020 7384 3040  
[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**Gam-Anon** (for Families & Friends) 08700 50 88 80

### Internet Gambling: Sites can be blocked by:

- [www.problempoker.com](http://www.problempoker.com)
- [www.untangle.com](http://www.untangle.com)
- [www.gamblock.com](http://www.gamblock.com)
- [www.32df.com](http://www.32df.com)
- [www.betfilter.com](http://www.betfilter.com)
- [www.netnanny.com](http://www.netnanny.com)

## One To One Counselling

- Confidential 1-1 Structured Support
- Work with a counsellor to identify your needs
- Help to make positive changes
- Develop awareness of gambling related issues
- Set goals that support your desire to change
- Manage your feelings more effectively
- Utilise and develop your coping strategies
- Be referred to other relevant services if required

## Who can access this service

- Anyone who's life has been affected by gambling
- Individuals 18 and over years of age

## How to access this service

- Referrals are accepted from individuals and agencies
- By telephone or email