



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

- > Call us on **0152 227 4880**
- > Complete self-referral form at  
**[gamcare.org.uk/EastMidlands](https://gamcare.org.uk/EastMidlands)**
- > Email our team for more  
information on  
**[east.midlands@gamcare.org.uk](mailto:east.midlands@gamcare.org.uk)**

Outside of office hours, please call  
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.



✕ @GamCare

f [facebook.com/GamCare](https://facebook.com/GamCare)

**Have you been negatively impacted  
by your own or someone else's  
gambling? This could include:**

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

### **GamCare East Midlands**

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## **GamCare East Midlands**



**0152 227 4880**  
**[gamcare.org.uk/EastMidlands](https://gamcare.org.uk/EastMidlands)**

Help and support for anyone affected  
by gambling harm





- > 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.
- > 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 offer services in the following areas: Lincolnshire, Nottinghamshire, Derbyshire, Leicestershire and Northamptonshire.



### 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 GamCare East Midlands, we are committed to providing support to anyone affected by someone else's gambling.