STAYING IN CONTROL
FOR MOST PEOPLE, GAMBLING IS A FUN PASTIME - ALTHOUGH OCCASIONALLY IT CAN BECOME A SERIOUS PROBLEM.

When partaking in gambling, it’s important to be aware of how it can affect you and the signs that it has stopped being more than just a source of entertainment.

Our handbook aims to provide you with information about problem gambling, how to spot the signs and get help - whether that’s for you or someone you care about.
WHEN DOES GAMBLING BECOME A PROBLEM?
LADBROKES STAYING IN CONTROL

WHEN DOES GAMBLING BECOME A PROBLEM?

GAMBLING STARTS TO BECOME A PROBLEM WHEN A PERSON BEGINS TO SPEND MORE TIME AND MONEY THAN THEY CAN AFFORD ON IT.

This is a problem when it has a negative effect on their lifestyle, and possibly even their friends and family.

When someone begins to crave the thrill and excitement they feel when they gamble, it is a potential sign that their gambling is becoming an issue.

Problem gambling can cause a great deal of stress, not just on the person living with it, but for those around them too. Along with the financial implications, problems with gambling can combine with other personal problems leading to potential depression and anxiety.
HOW TO SPOT PROBLEM GAMBLING
WHEN GAMBLING NO LONGER FEELS LIKE FUN, THEN YOU SHOULD CONSIDER CHANGING HOW YOU DO IT, OR STOP COMPLETELY IF YOU CAN’T.

Get clued up and spot the signs of problem gambling, so you can control it before it controls you:

**IN YOURSELF**
Although it might be difficult to spot the signs at first, here are a few indicators to look out for:
- Difficulty concentrating on other things for thoughts of gambling
- Money trouble as a result of gambling
- Cancelling other plans to spend time gambling
- Gambling in secret

**IN A FAMILY MEMBER**
Broaching the subject can be difficult, especially if the person in question is experiencing other issues such as alcohol abuse, but here are a few things to look out for if you’re concerned for a friend or family member, in addition to those listed above:
- Borrowing or stealing money to fund gambling
- Lying about how much time they’re spending gambling
- Avoiding social occasions to gamble
WHAT TO DO NEXT
ANYONE EXPERIENCING PROBLEMS WITH THEIR GAMBLING SHOULD UNDERSTAND THAT THEY ARE NOT ALONE, THERE ARE PEOPLE WHO CAN HELP.
I HAVE A PROBLEM, WHAT SHOULD I DO?

The first big step is realising that this has become a problem, and you need to do something about it. Once the decision to get help has been made, there are many outlets available, whether you plan to make these changes yourself or seek the guidance of others. To start with, there are a few things you can try yourself to get the problem under control:

Know your limits: Much like drinking alcohol, setting yourself definite limits for how much money or time you’re going to spend gambling - and sticking to it - can help you. This way you can decide how much you can afford to lose - then stop if you reach it.

If you go to a betting shop to gamble, only take your agreed budget with you, and no other cash or cards - this way you won’t be tempted to just spend a little more.

If you play online, Ladbrokes have a deposit limit facility that allows you to control your spending. You can decrease this limit at any time, but you’ll have to wait 24 hours before an increase will be allowed, as to help you make sure you’re controlling your money.

At Ladbrokes, we also offer a Self-Exclusion service. This means you can enter into an agreement with us meaning you’ll be prevented from using your Ladbrokes account for a set period of time.

Don’t expect to make any money: As with any other leisure activity, it’s best to think of gambling as something you pay for in exchange for being entertained. If you go into it expecting to lose your money, you may find yourself less drawn in by the possibility of winning.
If someone has reached the point where they can no longer self-regulate their behaviour, we strongly recommend that they seek professional help.

Take a look at the resources in the Useful Contacts section of this handbook. Organisations such as Gamble Aware and GamCare provide information on the different types of help available, whether that’s support from an online community, information leaflets, advice from a helpline or just some facts to help you understand - there’s always help available so don’t feel you have to suffer in silence.

You can also start by keeping a note of just how much you’re spending on gambling. For some, it helps to see this clearly laid out in front of them to help realise there’s a problem. Use our spend tracker at the end of this handbook to help you plan your spending.

**MY FAMILY MEMBER/FRIEND HAS A PROBLEM, WHAT SHOULD I DO?**

As difficult as it may seem to help your loved one realised they have a problem, the motivation to help themselves needs to come from the person in question. While you may feel they need to make some changes, if they don’t accept that they need help, it may be a long and difficult journey.

**Seek advice:** Don’t feel as though you have to handle this by yourself. Problem gambling affects many people and their families too. Use the Useful Contacts section of this handbook for support.

You may find reading the stories of people who have gone through the same thing to be helpful, as well as sharing your experience.

What’s important to remember when addressing a loved one is to make sure they know you want to help, and you’re doing so because you care. Everyone will have a different reaction, but keeping calm and making sure you listen to them is the key thing.
USEFUL CONTACTS
ONE THING THAT’S IMPORTANT TO REMEMBER IS THAT THERE’S PLENTY OF HELP OUT THERE WHEN DEALING WITH PROBLEM GAMBLING.

Accepting help from other sources can make all the difference when getting things back under control.

**THE SENET GROUP**

The Senet Group is an independent body created by four of Britain’s leading gambling companies – William Hill, Ladbrokes, Coral and Paddy Power – in response to public concerns on gambling, and gambling advertising in particular.

To see all the recent campaigns to support their message visit: [http://senetgroup.org.uk/advertising-campaign](http://senetgroup.org.uk/advertising-campaign)

**GAMBLE AWARE**

Funded by the charity [Responsible Gambling Trust](http://www.responsiblegambling.org.uk), these sites are great resources for finding help.

T: 0808 8020 133 E: [http://www.gambleaware.co.uk/](http://www.gambleaware.co.uk/)

**THE NATIONAL GAMBLING HELPLINE BY GAMCARE**

For when only speaking to an advisor will help. The helpline can give you the confidential support you need to make those changes, either on the phone or online. You can also chat with other people battling the same problem, sharing support and ideas too. GamCare also has some great resources for family and friends supporting someone with problem gambling.

**NHS ADVICE**

This page provides information about the types of help available, and a few facts that may be useful to know.
SPEND TRACKER SHEET
HOW MUCH DO YOU SPEND IN A SINGLE MONTH?
SPEND TRACKER SHEET
HOW MUCH DO YOU SPEND IN A SINGLE MONTH?

**PRINT OUT AND KEEP THE BELOW BUDGETING SHEET TO KEEP TRACK OF JUST HOW MUCH YOU’RE SPENDING ON GAMBLING - YOU MAY BE SURPRISED BY WHAT YOU SEE.**

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LADBROKES STAYING IN CONTROL

SOURCES

www.nhs.uk/Livewell/addiction/Pages/gamblingaddiction.aspx
www.gambleaware.co.uk/recognise-a-problem/signs-of-problem-gambling
www.cnwl.nhs.uk/cnwl-national-problem-gambling-clinic/treatments/

USEFUL CONTACTS LINKS

GAMBLEAWARE
http://www.gambleaware.co.uk/

GAMCARE
The GamCare National Helpline freephone number
0808 8020 133
http://www.gamcare.org.uk/

DUNLEWEY (IRE)
Dunlewey Centre, numbers are 0800 088 6725 (NI) and 1800 936725 (ROI)
http://dunlewey.net/gamblinginfo

GAMBLING THERAPY
Gambling Therapy provided online
http://www.gamblingtherapy.org/