



# GAMBLING SUPPORT FOR YOUNG PEOPLE



ARE YOU WORRIED  
ABOUT **YOUR** GAMBLING  
OR THE GAMBLING OF  
**SOMEONE CLOSE**  
TO YOU?

## WHAT DOES SUPPORT LOOK LIKE?



- ✓ The first step is to have a chat with one of our team. They will listen to your worries, explain your options, and provide helpful advice.
- ✓ If you decide you want further support we will agree on a plan together and support you to achieve your goals.
- ✓ Support is tailored to suit your needs, including how and when you would like us to contact you.

- ✓ GamCare offer a confidential support service to young people aged 11-18 who are worried about gambling.
- ✓ Our dedicated team provide advice and support via phone, text or email, at a time that suits you.



## YOUNG PEOPLE'S SUPPORT SERVICE

Email: [youngpeopleservice@gamcare.org.uk](mailto:youngpeopleservice@gamcare.org.uk)  
National Gambling Helpline: 0808 802 0133



LET'S **TALK** ABOUT GAMBLING - [BigDeal.org.uk](http://BigDeal.org.uk)

