

SUPPORTING PEOPLE HARMED BY GAMBLING



You may not know if gambling is harming you.

Gambling can affect anyone at any time.

Chapter One provides information on:

Gambling
harm
and how it
happens

Getting
support
for yourself
or someone
else

Steps you
can take
to protect
yourself

Free,
confidential
services in
Greater
Manchester

Visit the Chapter One website for information
and support for everyone affected by gambling
www.chapter-one.org

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SPOTTING THE SIGNS

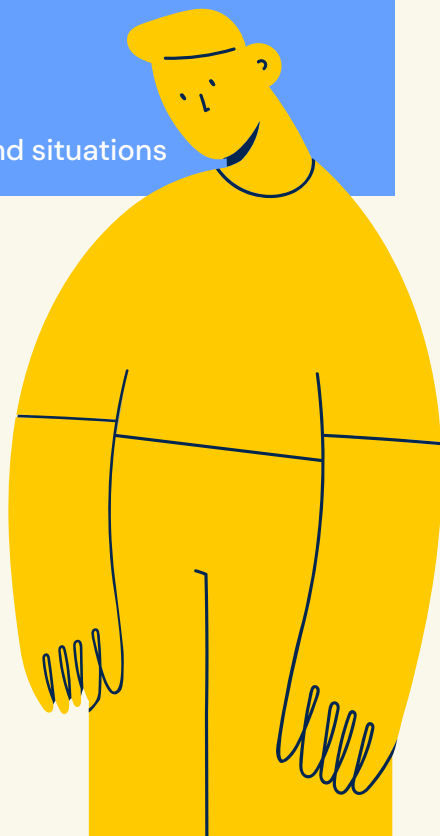
Understanding what the effects of gambling can look like can help identify if you or someone you know is being harmed.

Signs and symptoms to look out for include:

- ▶ Feeling anxious or not sleeping and feeling restless
- ▶ Not being able to take pleasure in ordinary things
- ▶ Feeling suicidal or thinking about being absent from the world
- ▶ Not being able to stop gambling or stop thinking about gambling
- ▶ Constantly checking devices
- ▶ Worrying about money/debts
- ▶ Feeling disconnected from people and situations

Visit the Chapter One website to learn more about gambling and the impact it can have on us.

www.chapter-one.org



HOW & WHERE TO GET HELP

There is free, confidential support and treatment available in Greater Manchester. Asking for help can be tough but it is a sign of strength and you are not alone. Some services also support family, partners, and carers.

Chapter One provides information about what support is available, how to access it, and what treatment looks like.



NHS specialists – the Northern Gambling Service

The NHS Northern Gambling Service provides specialist addiction therapy and recovery for people affected by gambling. Any adults registered with a GP can access the service, virtually or in-person at a clinic in Manchester.

You can access support by:

- ▶ completing a short online form
- ▶ calling 0300 300 1490
- ▶ emailing referral.ngs@nhs.net and leaving a contact number
- ▶ asking your GP or support worker to make a referral for you.



There are steps you can take to help protect yourself from gambling harm:

- ▶ Block access to gambling website and apps
- ▶ Block gambling transactions through your bank
- ▶ Self-exclude from venues
- ▶ See fewer gambling adverts

NOTES



Visit the Chapter One website for more information on how to take these steps
www.chapter-one.org

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