

ARE YOU WORRIED ABOUT YOUR OWN OR SOMEONE ELSE'S GAMBLING?

YOU ARE NOT ALONE. THE FIRST STEP IS TO
REACH OUT FOR SUPPORT.

GET IN TOUCH WITH ONE OF THESE ORGANISATIONS FOR FREE CONFIDENTIAL SUPPORT:

National Gambling Helpline:

0808 8020 133

Local support at RCA Trust:

0141 887 0880 or email
info@rcatrust.org.uk

GamCare Scotland:

0131 20261 5220 or
www.gamcare.org.uk

Gamblers Anonymous Scotland 24

hour helpline:

0370 050 8881

Betknowmore UK Peer Support:

www.betknowmoreuk.org
(includes women only service)

Thrivin' Together, women only peer support:

hello@thrivintogether.org.uk

GamFam, supporting those impacted by someone else's gambling:

www.gamfam.org.uk

GAMBAN, blocking software on your device:

www.gamban.com

GAMSTOP, Free online self exclusion service:

www.gamstop.co.uk



If you are interesting in booking a free gambling prevention workshop for your organisation, school, parent group or group of young people, please contact Fast Forward on: sgeh@fastforward.org.uk or 0131 554 4300

fast forward