

OUR OFFER

‘BCT provides **FREE** advice and guidance, practical information, treatment, and recovery support to individuals presenting with gambling harms, or those affected by someone else’s gambling, as part of the National Gambling Support Network.’



The Armed Forces Gambling Support Network (AFGSN) proudly supporting our Armed Forces Community

WHERE TO REACH US?

To find out more information or to book in for free and confidential support for gambling harms, please give us a call on:



0151 226 0696



support@beaconcounsellingtrust.co.uk



Monday to Friday 9 a.m. to 5 p.m.

For outside of office hours contact:

**NATIONAL
GAMBLING
HELPLINE**

National
Gambling
Support
Network

You can also use the 24/7 free National Gambling Helpline for support on:

0808 8020 133

**THE ARMED FORCES
COVENANT FUND TRUST**



GAMBLING RELATED HARM INFORMATION



BEACON COUNSELLING TRUST
Reg. Charity No. 1140011

National
Gambling
Support
Network

Beacon Counselling Trust

<https://beaconcounsellingtrust.co.uk>

HEALTH CHECK? ✓

- Are you worried about how much money or time you have been spending gambling?
- Are you betting more than you can afford to lose?
- Is gambling causing issues with those around you, or your mental health?

If you have answered yes to any of the above questions, it is important that you use the right tools to keep you safe from harmful gambling.

You can set 'cooling off periods' on the gambling websites you use, which allows for a short break away if you feel your gambling becoming out of your control.

SELF-EXCLUSION ✕

If you wish to exclude yourself completely from gambling, you can use the below resources:

Gamstop: www.gamstop.co.uk

Free tool which prevents you from using gambling websites and apps for a period of your choosing.

Gamban: www.gamban.com

This is a form of blocking software that you can download onto a computer or other device which stops you from accessing gambling websites.

Please contact BCT on 0151 226 0696 to download this software for free.

Multi Operator Self Exclusion Scheme (MOSES): <https://self-exclusion.co.uk/> - 0800 294 2060

Self-exclusion for betting shops across Great Britain

PAYPLAN

PayPlan offer free and simple debt advice which includes a wide range of solutions including debt management plans and Individual Voluntary Arrangements (IVA's)

You can contact PayPlan on 0800 316 1833
Monday to Friday 8 a.m. to 8 p.m.
Saturday 9 a.m. to 3 p.m.

BCT can also facilitate direct referrals if required

SELF-HELP ?

Exploring hobbies that you can incorporate into your life is a useful way of coping with gambling urges, as it is important that you fill your time with healthier activities that can replace the time you would typically spend gambling.

Be conscious of how you feel when you gamble. Do you typically gamble when you are bored, stressed, upset? When you feel these feelings, it is important that you explore healthy ways of coping, to lower the risk of gambling urges.

It is important that you talk to someone you trust if you are starting to worry about your gambling. This could be a family member, friend, colleague, or you can discuss your concerns with a member of the team at Beacon Counselling Trust.

Behaviours that help reduce risk: ✓

- Set money limits.
- Set time limits.
- Maintain interest in other activities/hobbies.
- Consider how gambling may be impacting your finances.
- Only spend what you can afford to lose.
- Avoid gambling alone.
- Avoid gambling when you are upset or stressed.
- If you feel overwhelmed by your gambling, seek help by talking to someone.

RISK FACTORS



There are a number of factors which can contribute to why individuals experience gambling related harms, these include:

Significant life events eg bereavement, relationship breakdown, trauma

Adverse childhood experiences eg traumatic events in a person childhood

How you are introduced to gambling eg the use of free bets, parents/carers experiencing gambling harms

The type of gambling activity you take part in, the activities which allow regular bets over a short space of time (online slots/casino games/scratchcards) carry a higher addiction rating than some others

Having no other interests or hobbies

Experiencing issues with drugs or alcohol

Experiencing mental health illness

Boredom

An early or significant win

If you are worried that your gambling could become harmful further down the line, BCT can provide you with the appropriate advice and support to prevent this from happening.

To find out more information about the support offered at Beacon Counselling Trust, please give us a call on: **0151 226 0696**.

