



GAMBLING SUPPORT FOR YOUNG PEOPLE



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



4:3418.(

Email: youngpeopleservice@gamcare.org.uk

Call: 0203 092 6964

National Gambling Helpline: 0808 802 0133



WHAT DOES SUPPORT LOOK LIKE?

An illustration of a yellow hand with a white palm, a speech bubble above it, and a question mark to the right, symbolizing support and inquiry.

- ✓ 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.

