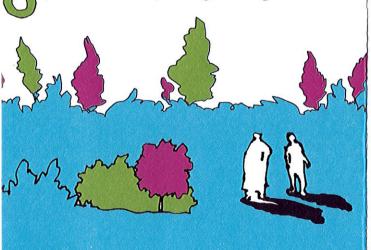
Are these signs familiar?

Signs of a Problem Gambler

- Uncontrollable spending and possible financial difficulties
- Excessive time spent on gambling activity
- Hiding or lying about gambling
- Gambling is affecting relationships with significant others and friends
- Withdrawing from family and social activities
- Excessive time spent on the computer
- Interests become less significant
- Absence from work or educational establishments
- · Impulsive behaviour

If you can identify with any of the above signs, you may be experiencing some distress. Counselling can help you to work through these issues and improve your relationship with gambling.



Contact us for further support:

ARA offers a range of Gambling Services in South Wales and South West England. You can find further details about these on our website.

For further information contact:

Addiction Recovery Agency

King's Court, King Street Bristol BS1 4EF

Phone: 0117 930 0282

Web: www.addictionrecovery.org.uk Email: info@addictionrecovery.org.uk

If you need support immediately, please talk to GamCare advisers on the helpline – call FREE on

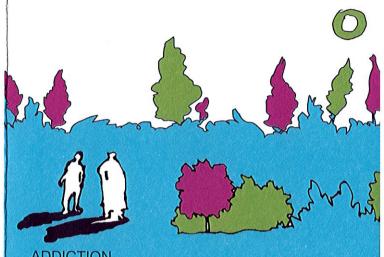
0808 8020 133



addiction recovery agency



responsible gambling trust



ADDICTION RECOVERY AGENCY

ARA GamCare GAMBLING SERVICES

SOUTH WALES AND SOUTH WEST FNGLAND

A FREE and CONFIDENTIAL
COUNSELLING service helping people
to make positive changes to
GAMBLING behaviour

The Service is for those affected by gambling:

- Practical Advice and Information
- Planning For Change
- One to One Counselling
- Achieve Your Goals

TREATMENT, SUPPORT AND RECOVERY





addiction recovery agency

responsible gambling

About ARA

ARA's counsellors have been trained by GamCare to work with those people affected by a gambling problem. Additionally ARA is an independent provider of services designed to reduce the harm alcohol & drugs causes to individuals, families and the communities they live in.

Gambling Services

ARA's counsellors receive ongoing
GamCare training to enable them to
provide free, confidential, one to one
counselling and support for anyone
affected by problem gambling. ARA deliver
GamCare counselling in the following
locations and surrounding areas:

- Bristol
- · South Gloucestershire
- Somerset
- North Somerset
- Bath & North East Somerset
- Cardiff
- Merthyr Tydfil
- Newport
- Swansea

To arrange to talk to someone please contact ARA on 0117 930 O282 or email info@addictionrecovery.org.uk
To find out more about ARA visit their website at www.addictionrecovery.org.uk

Safer Gambling

Responsible Gambling

Responsible gambling involves being in control of the cost and time you gamble. This involves allocating a limit of funds and time spent gambling. Responsible gambling may also mean not gambling. The pay offs for responsible gambling are minimising risks to yourself and avoiding negative affects on relationships with family, friends and colleagues.

Avoid:

- Gambling if under the influence of alcohol or drugs
- · Gambling to avoid and distract from problems
- · Excessive time spent on gambling behaviour
- Cancelling other commitments to gamble
- Chasing to win back money lost
- · Borrow money to fund gambling

Try to:

- Gamble responsibly by planning when and for how long to gamble
- Play within your financial limits
- Gamble in licensed premises
- Become aware of self exclusion options available to assist control
- · Accept that there are a minority that win long term
- Be open about your gambling and if it becomes an issue ask for help

Useful Contacts For Support

GamCare Helpline:

0808 8020 133

and Netline

www.gamcare.org.uk

Gamblers Anonymous:

020 7384 3040

www.gamblersanonymous.org.uk

(1- -- -(-) 0.0700 F0 90 80

Gam-Anon (for Families & Friends) 08700 50 88 80

Internet Gambling: Sites can be blocked by:

- www.problempoker.com
- www.untangle.com
- www.gamblock.comwww.betfilter.com
- www.32df.com
- www.netnanny.com

One To One Counselling

- Confidential 1-1 Structured Support
- Work with a counsellor to identify your needs
- Help to make positive changes
- Develop awareness of gambling related issues
- Set goals that support your desire to change
- Manage your feelings more effectively
- Utilise and develop your coping strategies
- Be referred to other relevant services if required

Who can access this service

- Anyone who's life has been affected by gambling
- Individuals 18 and over years of age

How to access this service

- Referrals are accepted from individuals and agencies
- By telephone or email