

# Could gambling be causing you harm?

**GAMBLING CAN BE FUN,  
BUT IT CAN BE HARMFUL TOO.**

If you can't stop even though it's affecting your health, work, relationships or reputation in your community, then it is causing you harm, and you can get help.

It can happen to anyone, no matter what your age, sex, cultural or ethnic and social background.

The list below contains some of the signs of gambling harms that you may recognise. For FREE and confidential specialist support, please look at the next section further down the page called Support for you.

## **Signs of gambling harms:**

- Spending more money on gambling than you can afford
- Spending too much time on gambling
- Hiding your gambling from those around you, or lying about it
- Finding it hard to manage or stop gambling
- Having arguments with family or friends about money and gambling
- Losing interest in usual activities like spending time with friends or family
- Always thinking or talking about gambling

- Trying to win back losses or using gambling to get out of money troubles
- Gambling until all your money is gone
- Borrowing money, selling possessions or avoiding paying bills to pay for gambling
- Gambling with larger amounts of money or for a longer amount of time
- Neglecting work, school, family, personal needs or household responsibilities
- Feeling anxious, worried, guilty, depressed or irritable.

## **SUPPORT FOR YOU**

The Beacon Counselling Trust  
This is a free counselling service in Merseyside for people struggling with gambling harms or for anyone affected by someone else's gambling.

Telephone: 0151 226 0696

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**Wirral Multicultural Centre**

111 Conway Street Birkenhead Wirral Merseyside CH41 4AF  
Tel: 0151 792 5116 Fax: 0151 666 2702 Email: [info@wmo.org.uk](mailto:info@wmo.org.uk)

