

**I STARTED MY  
RECOVERY WHEN  
THE ONLY THING  
LEFT TO LOSE  
WAS MY FAMILY.**

Is your gambling  
getting out  
of control?

**TALK  
BAN  
STOP.**

 GamCare

 Gamban

 GAM STOP

# IS YOUR GAMBLING NEGATIVELY AFFECTING YOU AND THOSE CLOSEST TO YOU?

You're not alone. Combining practical tools with support, we can help you stop gambling:

- ▶ **Talk:** By speaking to one of GamCare's trained Advisers on the National Gambling Helpline (over the phone or via live chat) to access expert information, advice and support.
- ▶ **Ban:** Gamban's software blocks access to thousands of global gambling sites and apps. It can be installed on up to 15 devices – including those in the household.
- ▶ **Stop:** GAMSTOP's self-exclusion prevents you from accessing current gambling accounts or creating new ones with all the online gambling operators across the UK.

We are here to help: from moral support through to expert advice. GamCare, GAMSTOP, and Gamban working together can be the start of your recovery journey.

**Kick-start your recovery journey today,  
head to [www.TalkBanStop.com](http://www.TalkBanStop.com)**

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**NATIONAL GAMBLING HELPLINE  
0808 8020 133**