

STAY IN CONTROL

The **Golden Rules** of Gambling:

- ⚠ **Playing machines is buying fun, NOT investing money**
- ⚠ **Only play with money you can AFFORD TO LOSE**
- ⚠ **Set LIMITS on how much you will spend**
- ⚠ **Playing within your means can be FUN and EXCITING**
- ⚠ **Spending outside your means can create PROBLEMS for you and others**

A leaflet with more guidance is available [here](#). If you feel you are in difficulty with your gambling or know anyone who is and would like to help, call the GamCare Low-call Helpline

GamCare: 0808 8020 133

GAMCARE is a national centre for information, advice and practical help regarding the social impact of gambling. Their helpline is run by trained staff who can offer counselling, information and advice to problem gamblers, family and friends of gamblers.