

National Gambling Helpline - 0808 8020 133 - Free to call 24/7 from mobile and landline

Netline available 24/7 via www.gamcare.org.uk - Chat via web to specialist advisor

Talk to others who understand what you are going through on our Forums and in our Chat Rooms
www.gamcare.org.uk

Explore self help options and information about self exclusion and blocking software on our website

Access treatment directly from our treatment team or one of our local treatment providers in your area

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GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling.