



Support

NECA provides **FREE** confidential advice and tailored support to individuals across the North East of England.

NECA works as part of the National Gambling Support Network to provide local services and support to individuals affected by gambling harms.

To complete a self referral scan the QR code here



How to reach us

To find out more information about the support NECA can provide;
Call **0191 562 3309**
Email gambling.northeast@neca.co.uk
or Visit www.neca.co.uk

You can also contact the National Gambling Helpline for support
0808 8021 133
This is free and available 24/7

National
Gambling
Support
Network



National
Gambling
Support
Network

**IS GAMBLING
GETTING IN
THE WAY OF THE
LIFE YOU WANT
TO LIVE?**

If you are concerned about your gambling or you are a family member needing support, you can talk to us.

Find help and support today

Our services are **free**, flexible and confidential.

To complete a referral to NECA Gambling Service, please scan the QR code



Contact Telephone - NECA Gambling Services

0191 562 3309

National Helpline Number - 0808 8020 133

Charity Number: 516516

Registered Charity 516516

0191 562 3309
gambling.northeast@neca.co.uk | www.neca.co.uk



necacharity



neca_gamblingsupport

Health Check

In the last 12 months, have you:

- Gambled more than you could really afford to lose?
- Been criticised for your gambling?
- Felt guilty about the way you gamble?

If you have answered yes to any of the above Questions, is this something you want to change?

Try to be conscious of how you feel before you gamble. Do you typically gamble when you are bored, stressed, upset? It is important that you explore healthy ways of coping to lower the risks of urges.

Find activities and hobbies that you can incorporate into your life. This can be a useful way of coping with gambling urges.

Talk to someone you trust if you are starting to worry about your gambling. This could be a family member, friend or colleague, or you can discuss your concerns with a member of the NECA Team.

Signs of gambling harms

- Gambling as a way of making money.
- Gambling to relieve boredom.
- Gambling to cope with difficult emotions.
- Drinking or taking drugs whilst gambling may result in an inability to control spending
- Gambling alone may accentuate harms
- Gambling for long periods could lead to heavier losses
- Online gambling presents a greater risk of harm due to speed of play and 24/7 access

Self-Exclusion

To exclude yourself from gambling, you can use the resources below:

Gamstop - Free online self-exclusion scheme
www.gamstop.co.uk

Gamban - Blocking software which can be installed on multiple devices
www.gamban.com

MOSES- Self exclusion from betting shops <http://self-exclusion.co.uk/>
- 0800294 2060

Sense - Self exclusion from casinos
www.sensescheme.com

BISES (Bingo Industry Self Exclusion Scheme)
www.bingo-association.co.uk/self-exclusion

Bacta- self-exclusion from arcades
<https://bacta.or.uk/self-exclusion/>

Bank gambling transaction blocks-free tools offered by most UK banks

Reducing harms

Set money and time limits

Only spend what you can afford to lose

Avoid gambling alone or when you are upset or stressed



If you are worried about your gambling, NECA can provide you with the appropriate advice and support to help you with this.

To find out more information about the support offered at NECA, please call;

 0191 562 3309 | North-East

