



WE OFFER SUPPORT FOR YOUNG PEOPLE **16+**



If you or someone you know spends too much money on gambling or gaming



You know someone who needs help with addictive behaviour



or you spend hours gambling/gaming without taking a break and replace meals with snacks or unhealthy food

*You are not alone.
We're here to help.*

SUPPORT IS AVAILABLE

Contact NECA:
North East Young People
Gambling and Gaming
Support Service.



0191 562 3309



www.neca.co.uk



gambling.northeast@neca.co.uk



SUPPORT FOR YOUNG PEOPLE **16+**



Does gambling or gaming
feel like it has control over
you or someone you know?

THE RISKS OF GAMBLING AND GAMING



Some video games contain **in-game purchases**, **loot boxes** and **card packs** that can lead to **gambling harms**



When you spend money on gambling or gaming, people close to you can be affected too.

NECA can support you whether you are gambling or gaming too much, or you are affected by someone else's gambling



AFFECTED OTHERS



When gambling or gaming stop being fun and start taking over, **we offer:**



Non-judgmental support from **trained professionals** who understand addictive behaviour.



Help and support if a parent, relative, trusted adult or friend's gambling is **affecting you or others**.



Flexible support face to face, telephone or online sessions.

We're there when you are **ready**

