



TO GET HELP WHEN
YOU NEED IT, CALL

National Gambling Helpline
Freephone 0808 8020 133
24 hours, 7 days a week

or visit
www.begambleaware.org



PLAYSMART BeGambleAware.org 18+

PLAY
SMART

GAMBLE RESPONSIBLY.

KEEPING IT AFFORDABLE

PLAYSMART - KEEP GAMBLING SAFE AND AFFORDABLE

Gambling can be an enjoyable leisure activity when kept in balance. Keeping track of what you are spending on gambling and understanding what proportion it represents of your monthly disposable income can help you keep your gambling in control.

You can use an online calculator at:

www.begambleaware.org/safer-gambling/how-much-do-you-spend/

Alternatively, you can use the table below to work out whether you are staying within sensible, affordable limits.

Income

> Monthly pay (after tax)	£
> Other income (e.g. interest on savings)	£
Total income	£

Regular outgoings

> Rent or mortgage	£
> Food & bills	£
> Loans / credit card repayment	£
> Other (life assurance etc)	£
Total	£

Leisure

> Travel	£
> Gambling	£
> Going out	£
> Holidays	£
> Other	£
Total	£

MOST PEOPLE GAMBLE FOR ENJOYMENT

However, some people do think of gambling as a way to make money, spend more than they can afford, or use gambling to distract themselves from everyday problems. If you are concerned about your gambling, then honestly answering the questions below may help you understand if you are not in control:

- **Do you spend too much time or money gambling?**
- **Do you gamble to try to win back losses?**
- **Have you gambled away money needed to pay household bills?**
- **Do you stay away from work or college to gamble?**
- **Do you gamble to escape from a boring or unhappy life?**
- **Do you gamble until your last penny is gone?**
- **Have you ever lied to cover up the amount of money or time you have spent gambling?**
- **Have you lost interest in your family, friends or hobbies?**
- **Have you risked or lost a relationship because of your gambling?**

The more you answer 'yes' to these questions, the more likely you are to perhaps develop a gambling problem.

FOLLOWING THE TIPS FOR SAFER GAMBLING CAN HELP YOU TO GAMBLE MORE SAFELY

Alternatively, if you feel you need a more rigid approach, there is the option to self-exclude from gambling.

Please ask any member of the team or pick up a SENSE leaflet here in the casino for more information regarding self-exclusion.