How we're helping...

GamCare is delighted to have been awarded funding from the Tampon Tax team in the Department of Digital, Culture, Media and Sport (DCMS) to run a new nationwide programme to address the challenges women face with problem gambling. We aim to ensure the interests of women and girls are well represented in the gambling treatment sector.

The project will build a nationwide network of local public and third sector organisations that work with women to spread awareness of problem gambling, its impacts and how it relates to other issues women may face.

We aim to build up a referral network into gambling treatment so we can encourage more women to receive the right help and support before reaching crisis point.

Have Your Voice Heard

We want to make sure that women's experiences from diverse backgrounds shape how we design and develop the Women's Programme and GamCare's support services for women.

Have you been affected by problem gambling? Would you be willing to share your experiences and opinions to help us improve access for women to treatment and support? If so, we are keen to hear from you.

Please email Marina at **marina.smith@gamcare.org.uk**

GamCare offers information, advice and support to anyone affected by gambling. Post messages on our Forum, chat online or talk to an Adviser who can let you know about local support and sources of advice about gambling-related issues.

GamCare provides a range of treatment services across England, Scotland and Wales, as well as advice over the phone. Our services are available to gamblers and their family and friends who are affected.

To find out more, talk to one of our Advisers on the National Gambling HelpLine. **Call free: 0808 8020 133 or live chat via www.gamcare.org.uk**

"My Practitioner listened to me with great empathy and I didn't once feel like she was judging me in any way. I really believe this was the key to me turning a corner and I started to feel less like gambling was defining who I was somehow. There were times I felt so low I almost gave up, but I'm really glad I stuck with it."

GamCare.org.uk
@GamCare

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Charity No. 1060005

National Gambling HelpLine
Call Free: 0808 8020 133
Live chat via www.gamcare.org.uk

Why we're talking about Women and Gambling



GamCare

Women and Gambling

At GamCare, we find that many still think of gambling as a 'male issue'. In our experience, that's not the case and it means that women who are struggling may be less likely to reach out when they need support.

Problem Gambling is often described as a 'hidden addiction', this may be even more true for women. In particular, online gambling is available all day, every day. It fits around our busy lives and is easier to hide from our loved ones.

Many people tell us that they feel shame about their gambling, which can hold people back from talking about the issue. GamCare have launched a service entirely focused on supporting women, to give them a safe space to speak in confidence about their experiences and get the right help at the right time.

Why am I still Gambling?

A gambling problem is described as an urge to continue gambling despite the negative consequences this has in your life.

For many women, a compulsion to gamble may be influenced by difficult emotions from past experiences. Gambling can give us a chance to temporarily escape from these feelings, however, there are serious implications that come with this.

We are more at risk of developing problems with gambling when we are at our most vulnerable.

Understanding the role gambling plays in your life can be the first step in making changes to reduce the harm it causes. It is unlikely that there will be a single answer, but you are more likely to be successful if you have support from others.

I'm finding it hard to talk...

Sometimes, it can feel like keeping your gambling a secret is the only option. We know that asking for help can be a massive step and talking to someone can feel very difficult, but it will be worth it.

When you want to talk, our Advisers are here for you. You can call us for confidential advice on freephone 0808 802 0133 or live chat at www.gamcare.org.uk

We also run an online Forum and daily chatrooms where you can connect with others in similar situations, share your experiences, seek support and help others.

If you decide you would like to receive further support from GamCare you have the choice of face-to-face, online or telephone treatment. You can also request a female practitioner if this would make you feel more comfortable.

Additional Support Services

Gamblers Anonymous

A support Fellowship for problem gamblers.

www.gamblersanonymous.org.uk

Domestic Violence HelpLine

Confidential advice and support for women experiencing domestic abuse.

www.womensaid.org.uk

0808 2000 247

National Debtline

Free, confidential and impartial advice on money and debt problems.

www.nationaldebtline.co.uk

0808 808 4000

Gingerbread

Advice, support and information for single parents

www.gingerbread.org.uk

0808 802 0925

Relate

Relationship counselling and advice to couples and individuals

www.relate.org.uk

0300 100 1234

Samaritans

Confidential emotional support for anyone in crisis.

www.samaritans.org.uk | 116 123