



Supporting recovery
Reducing harm
Rebuilding lives

Gambling:

self help

guidance

Is your gambling becoming problematic? Here are a few things you can do to help.

Getting started

- Be honest with yourself about how easy or difficult it is not to gamble for a day.
- Make a list of pros and cons of gambling.
- Acknowledge the problems that can arise as a result of gambling.
- Make a resolution to cut down or stop – in manageable stages.
- Write a gratitude list (family, friends, a home, nature, etc).
- Think about what is triggering your desire to gamble and what you can do to avoid those triggers or satisfy your needs in other ways.

Set yourself some SMART goals

Specific Measurable Achievable Relevant Time-limited

Think about the short and long term

- Set some short term goals, eg: exercise every day, cook yourself a meal.
- Set some long term goals, eg: a new job, a holiday.
- Reward yourself with a treat for goals achieved, eg: for one week and one month gambling free.

Make some changes

- Self-exclude yourself from all gambling sites.
- Avoid any places where you used to gamble.
- Leave credit/debit cards at home and only take small amounts of money.
- Avoid going out with friends or family who gamble.
- Be honest with friends and family.
- Look at your social network and identify who is supportive.
- Be assertive and have an answer ready for friends or family who encourage you to gamble.

- Have an alternative activity for when you usually gamble, eg, walk the dog, exercise (exercising produces natural endorphins).
- Save the money you usually spend on gambling to buy something like a holiday.
- Find some new activities that you enjoy.

Make use of the specialist support available

- SIAS is available to offer advice and signpost you to specialist support with a Gambling addiction.
- You could also try attending a local support group such as Gamblers Anonymous (GA) www.gamblersanonymous.org.uk or Pan Fellowship www.panfellowship.org and connect with people who can help through shared experience.
- To self exclude contact: www.gamstop.co.uk www.begambleaware.org.uk




If you are in need of support or guidance for yourself or another, please call us on:

0121 301 4141

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

Find out more

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