

Spotting Problem Gambling

Problem gambling shares many similarities with other addictions. However, there are usually no visible signs or physical changes that directly indicates there is a gambling problem.

Some common signs are:

- > The person gambles more than they intended.
- > The person is feeling guilty about the way they gamble.
- > The person wants to stop betting but feels as if they can't.
- > The person gambling is hiding betting slips, lottery tickets or money for gambling.
- > The person gambling is borrowing money and not repaying it.
- > The person gambling is losing time from work or school due to gambling.
- > Feeling restless or irritable when attempting to cut down or stop gambling.
- > Jeopardising or losing a significant relationship, job, or education because of gambling.

If you notice yourself, a colleague or a family member/friend in any of these statements, our services can provide support!

About Aquarius

We are **Aquarius**, a charity with services across the Midlands, supporting people affected by alcohol, drugs and gambling.

We have over **40 years' experience** providing evidence-based, high quality services to help change behaviour and change lives.

We are proudly part of **Recovery Focus**, a group of charities inspiring recovery from mental ill health, domestic abuse and the harms caused by alcohol, drugs and gambling. recoveryfocus.org.uk

In partnership with >



BeGambleAware.org[®]

Get in touch

Call: **0300 456 4293**

Email: gambling@aquarius.org.uk

Visit: aquarius.org.uk/gamblingservices

INVESTORS IN PEOPLE[®]
We invest in people Gold

CHANGING BEHAVIOURS

CHANGING LIVES



 **aquarius**

Gambling Services

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How Can We Help?

Our **gambling services** support people **18 years and over** affected by gambling, either their own or the gambling of a family member/friend, through **1:1** or **group support sessions**.

As the Midlands arm of the **National Gambling Support Network**, we provide support, information and advice to anyone suffering with a gambling problem, as well as to family members and friends affected by someone else's gambling.

All the support we provide is tailored to your needs, interests, and personal goals.

- > The psychology of gambling
- > Tips and strategies to control, reduce, and stop your gambling
- > Information on how to block gambling software
- > How to engage the support of family and friends as you stop gambling
- > Alternatives to gambling
- > Coping with cravings and urges to gamble
- > Signposting to debt management
- > Coping skills to help deal with a family member or friend's gambling.

Who Can We Help?

We support people **18 years and over** affected by gambling, either their own or the gambling of a family member/ friend.

Our services are delivered across the West Midlands and West Mercia:

- > Birmingham
- > Coventry (and Warwickshire)
- > Dudley
- > Herefordshire
- > Sandwell
- > Solihull
- > Staffordshire
- > Stoke
- > Telford and Wrekin
- > Walsall
- > Wolverhampton
- > Worcester

Our support is tailored to you.

We have a single point of contact for referrals to ensure you are given the best advice, information and signposting suited to your own situation.

Follow us **@Aquariustweets**



"I was feeling desperate and alone. Now I feel happy and hopeful. I'm amazed at the transformation I have undergone. It's an amazing service and I hope you can help to transform the lives of others like me."

How to refer

You can **self-refer** to this service or be referred by a professional. To find out more or refer call: **0300 456 4293** or email: **gambling@aquarius.org.uk**