



**A CHARTER TO REDUCE
GAMBLING RELATED HARMS
IN THE WORKPLACE**

OUR PLEDGE

**We have signed the Workplace
Charter to Reduce Gambling
Related Harms!**

Gambling can hurt more than just your pockets...

- Are you worried about how much time or money you have been spending gambling?
- Are you betting more than you can afford to lose?
- Do you hide your gambling from others?
- Is gambling causing issues with those around you, or your mental health?



Do you typically gamble when you are bored, stressed, upset? When you feel these feelings, it is important you explore healthy ways of coping, to lower the risk of gambling urges.

It is important you talk to someone you trust if you are starting to worry about your gambling, whether that be a family member, friend, colleague, or you can discuss your concerns with support services from The National Gambling Support Network.

**Your local National Gambling Support Network provider:
RCA Trust**

 **0141 887 0880**

 **info@rcatrust.org.uk**



**National Gambling Helpline
0800 8020 133**