

## Friends of North West Air Ambulance Lottery

### Gambling Responsibly

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The majority of people do gamble responsibly. For some, however, gambling can become a problem. It may help you to keep your gambling under control by remembering the following:

- You are buying fun, not investing your money
- Before playing, set strict limits on how much time and money you are prepared to spend
- Only gamble with money you can afford to lose
- Keep track of the time and amount you spend gambling
- Don't spend more money on gambling with the hope to win back money that you have lost
- Don't gamble in order to escape from stress or boredom

If you are concerned about the amount you are gambling and feel it is taking over your life (or are concerned about a friend or relative) then the following questions may help and guide you:

- Have others questioned your gambling?
- Have you lied to cover up the amount you have gambled or time you have spent doing so?
- Do arguments, frustrations or disappointments make you want to gamble?
- Do you gamble alone for long periods?
- Do you stay away from work or college to gamble?
- Do you gamble to escape from a boring or unhappy life?
- When gambling and you run out of money, do you feel lost and in despair and need to gamble again as soon as possible?
- After losing do you feel you must try to win back your losses as soon as possible?
- Do you gamble until your last penny is gone?
- Do you feel depressed or even suicidal because of your gambling?

If your answers to some of the above questions are yes, then it is likely that you may have a gambling problem. For friendly and helpful advice from trained counsellors call the GamCare helpline on 0808 8020 133 or visit [www.gamcare.org.uk](http://www.gamcare.org.uk) or <https://www.begambleaware.org>

If you want to have a break from gambling you can use our self-exclusion option. For further information on self-exclusion please refer to the self-exclusion section on our website or contact the lottery office at [lottery@nwaa.net](mailto:lottery@nwaa.net) or on 0151 547 7840.