

+ OUR OFFER

Beacon Counselling Trust (BCT) provides **FREE** confidential treatment services across Merseyside, Lancashire, Greater Manchester, Cheshire, and Cumbria.

BCT is a partner organisation of Gamcare and provides treatment services to individuals presenting with, or affected by, gambling harms as part of the National Gambling Support Network.



+ WHERE TO REACH US?

To find out more information about the support offered at BCT, please give us a call on:

 **0151 226 0696**

 support@beaconcounsellingtrust.co.uk

NATIONAL GAMBLING HELPLINE 

You can also use the 24/7 free National Gambling Helpline for support on:

0808 8020 133



+ SAFER GAMBLING INFORMATION



BEACON COUNSELLING TRUST

Reg. Charity No. 1140011


National Gambling Support Network

Beacon Counselling Trust

<https://beaconcounsellingtrust.co.uk>

+ HEALTH CHECK? ✓

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

If you have answered yes to any of the above questions, it is important that you use the right tools to keep you safe from harmful gambling.

You can set 'cooling off periods' on the gambling websites you use, which allows for a short break away if you feel your gambling becoming out of your control.

SELF-EXCLUSION ✕

If you wish to exclude yourself completely from gambling, you can use the below resources:

Gamstop: www.gamstop.co.uk

Free tool which prevents you from using gambling websites and apps for a period of your choosing.

Gamban: www.gamban.com

This is a form of blocking software that you can download onto a computer or other device which stops you from accessing gambling websites.

Please contact BCT on 0151 226 0696 to download this software for free.

Multi Operator Self Exclusion Scheme (MOSES):
<https://self-exclusion.co.uk/> - 0800 294 2060

Self-exclusion for betting shops across Great Britain

SENSE: www.sensescheme.com

+ Self-exclusion for casinos across Great Britain
Bingo Industry Self-Exclusion Scheme (BISES):

www.bingo-association.co.uk/self-exclusion

Self-exclusion for any licensed bingo premises within Great Britain

SELF-HELP ?

Exploring hobbies that you can incorporate into your life is a useful way of coping with gambling urges, as it is important that you fill your time with healthier activities that can replace the time you would typically spend gambling.

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

It is important that you talk to someone you trust if you are starting to worry about your gambling. This could be a family member, friend, colleague, or you can discuss your concerns with a member of the team at Beacon Counselling Trust.

SAFER GAMBLING ⚠

+ Whilst the majority of those who gamble can do so safely, some may use gambling as a way of subsidising income or coping with difficult emotions. The following tips can help to prevent your gambling from becoming harmful.

Harmful behaviours that increase risk: ⚠

- Gambling as a way of making money.
- Gambling to relieve boredom.
- Gambling to cope with difficult emotions.
- Drinking or taking drugs whilst gambling may result in an inability to control spending.
- Gambling alone may accentuate harms.
- Gambling for long periods of time may lead to heavier losses.
- Online gambling presents a greater risk of harm due to speed of play and 24/7 access.

Safer behaviours that help reduce risk: ✓

- Set money limits.
- Set time limits.
- Maintain interest in other activities/hobbies.
- Consider how gambling may be impacting your finances.
- Only spend what you can afford to lose.
- Avoid gambling alone.
- Avoid gambling when you are upset or stressed.
- If you feel overwhelmed by your gambling, seek help by talking to someone.

If you are worried that your gambling could become harmful further down the line, BCT can provide you with the appropriate advice and support to prevent this from happening.

To find out more information about the support offered at Beacon Counselling Trust, please give us a call on: **0151 226 0696**.