

# Preventing and reducing gambling harms in GM

Anyone can be affected by gambling harms. We can all be a part of the solution.

Gambling is often described as a hidden harm and many people experience stigma when speaking about a gambling problem. Opening a conversation with a non-judgemental question, such as "have you ever worried about your own or someone else's gambling?" may help someone feel they can talk.

## What support is available?

- 1 Specialist gambling support
- 2 Tools to restrict gambling
- 3 Addressing the impacts of gambling

For anonymous advice or just to talk



All services listed here are FREE for GM residents and accept self-referrals or referrals from professionals

Specialist support for people affected by gambling



Connect with peer support groups



An online support network for people affected by someone else's gambling  
[gamfam.org.uk](http://gamfam.org.uk)



Regular peer support meetings held in Bolton, Bury, Wigan, Oldham, Stockport and Manchester  
[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

## Managing gambling

All licensed operators must offer tools such as deposit limits and time reminders. These can be activated by visiting the 'safer gambling' section of operator websites.

Customers can also change their account settings to opt-out of all marketing and promotional messages.

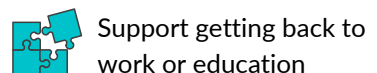
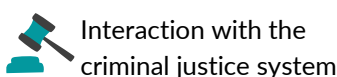
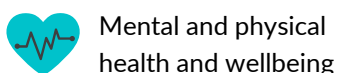
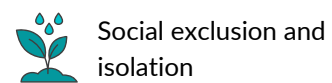
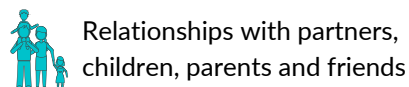
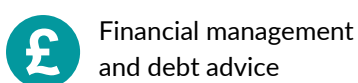
## Blocking gambling products



Tools to self-exclude from all online gambling sites

To self-exclude from licensed premises customers will need to contact operators direct. Customers of some banks may also be able to block payments to gambling operators.

It may be appropriate to connect residents with services in your area who can provide holistic support to manage the wider impacts of gambling disorder



Visit [www.greatermanchester-ca.gov.uk/what-we-do/health/gambling](http://www.greatermanchester-ca.gov.uk/what-we-do/health/gambling) for more information and updates on the GM gambling harms programme