

Recognising the warning signs can help you realise when it's time to seek help for yourself or others. There are a number of signs to look out for, these include:

- Spending more money and time on gambling than you can afford
- Finding it hard to manage or stop your gambling
- Having arguments with family or friends about money and gambling
- Losing interest in usual activities or and neglecting work, family and personal responsibilities
- Always thinking or talking about gambling
- Lying about your gambling or hiding it from other people
- Chasing losses or gambling to get out of financial trouble
- Gambling until all of your money is gone
- Borrowing money, selling possessions or not paying bills in order to pay for gambling
- Needing to gamble with more money or for a longer period of time to get the same feeling of excitement
- Feeling anxious, worried, guilty, depressed or irritable

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Helping you recover from the true cost of gambling