



GAMBLING Support



Person with Addiction

Open up and admit that there is a problem. Talk to a loved one or friend and disclose the real impact of the gambling.



Seek Professional Help;
Gambling Helpline:
08008020133, Debt
Action NI: 0800 9174607
Gamblers Anonymous:
028 71351329.
www.begambleaware.org



Speak to a financial advisor/
Citizens Advice.
Explore better money
management techniques and
any debt repayment plan
options.



Find a good sponsor/Friend
who you can speak to if you
have the urge to gamble
again. This person should be
strong willed and will actively
discourage gambling
behaviour.



Friend /Family

Tell the person who you know is gambling that you are concerned about them and want to help them. Understand it's an addiction.

Encourage them to access professional support. Don't feel guilty or blame yourself. Seek some support for yourself.

Family/Close friends take charge of finances e.g. credit cards, bank cards and ensure all necessary payments are processed.

Support friend/sponsor by actively discouraging gambling behaviour. Only COMMIT if you can do it; ideally a Gambler Anonymous support is allocated.



WHEN THE **FUN** STOPS **STOP**
gamblesaware.org.uk

Healthy Relationships



- **Mutual respect.** Respect means that each person values who the other is and understands the other person's boundaries.
- **Trust.** People should place trust in each other and give each other the benefit of the doubt.
- **Honesty.** Honesty builds trust and strengthens relationships.
- **Compromise.** People should acknowledge different points of view and be willing to give and take.
- **Individuality.** Nobody should have to compromise who he/she is, and his/her identity should not be based on someone else's opinion.
- **Good communication.** People should speak honestly and openly to avoid miscommunication.
- **Anger control.** We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.
- **Fighting fair.** Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution.
- **Problem solving.** People can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- **Understanding.** People should take time to understand what others might be feeling.
- **Self-confidence.** People should have confidence among friends and families in their views, abilities and feel confident in their groups.
- **Being a role model.** By embodying what respect means, people can inspire each other, friends, and family to also behave in a respectful way.



www.tamhi.org

