



Nova Scotia House
70 Goldsworth Road
Woking
Surrey
GU21 6LQ

0300 012 0030
hello@policecare.org.uk
policecare.org.uk

Our commitment towards responsible gambling

Police Care UK is committed to ensuring that information about how to gamble responsibly, and how to access help for problem gambling is available to all.

Keeping your gambling under control

Most people gamble responsibly and gamble in moderation. Here are some ways to help keep your gambling under control:

- Remembering that you are taking part for fun and not as a means of investing your money
- Setting strict limits on how much time and money you're going to spend, before playing
- Quitting while you're ahead
- Only gambling with money that you can afford to lose
- Not spending more money on gambling in the hope that you will win back any money that you've already lost
- Keeping up other interests and hobbies and not letting gambling take over your life
- Not gambling to escape from stress or boredom
- Limiting your exposure to gambling content and advertising on social media by following steps outlined by [Safer Gambling UK](#).

How to identify that gambling is becoming a problem

For some people gambling can become a problem. If you are concerned about the amount you are gambling and feel it is taking over your life, then asking yourself the following questions may help you assess whether gambling is becoming a problem:

- Have others ever criticised your gambling?
- Have you lied to cover up the amount you have gambled, or the time you have spent doing it?
- Do arguments, frustrations or disappointments make you want to gamble?
- Do you gamble alone for long periods?
- Do you stay away from work or university to gamble?
- Are you reluctant to spend 'gambling money' on anything else?
- Have you lost interest in your family, friends or pastimes due to gambling?

- After losing, do you feel you must try to win back your losses as soon as possible?
- When you are gambling and you run out of money, do you feel lost, in despair and need to gamble again as soon as possible?
- Do you gamble until your last penny is gone?
- Have you lied, stolen or borrowed to get money to gamble or to pay gambling debts?
- Do you feel depressed or even suicidal because of your gambling?

If 'yes' is the answer to some of these questions, then it is likely that a gambling problem exists.

You may also wish to consider whether a friend or relative might have a gambling problem?

More information and support with problem gambling

If you feel you have a problem with gambling, visit www.begambleaware.org or call the GamCare National Helpline on 0808 8020 133.

Self-exclusion

Self-exclusion means you can exclude yourself from purchasing tickets for future lottery draws and receiving any marketing communications from us relating to Police Care UK lottery.

If you would like to be excluded from the Weekly Lottery promoted by us, please call Unity Lottery helpline on 0370 050 9240 to make a self-exclusion request over the phone, fill the form here: [FAQs | Unity Lottery](#) or by emailing info@unitylottery.co.uk

If you decide to sign up again, there will be a day's cooling-off period before you can play, giving you time to consider if you have made the right decision. You can choose to suspend your account at any time.

GAMSTOP

GAMSTOP is a free online service that allows you to exclude yourself from using any gambling websites and apps run by companies licensed in Great Britain, for a period of your choosing. Visit www.gamstop.co.uk to find out more.