

A person's hands are holding a smartphone. The screen of the phone displays a virtual gambling game interface. At the top of the screen, there are several blue and red chips with numbers like 50 and 100. Below the chips are two red dice. In the center, there is a large yellow button with a red triangle. At the bottom, there are four playing cards: the Ace of Spades, Ace of Clubs, Ace of Hearts, and Ace of Diamonds. The background of the phone screen is green, resembling a casino table. The person holding the phone is wearing a yellow sweater. The background of the entire image is dark and out of focus.

**It's not
a game**

**It's a
gamble
with your
mental
health**

**Find out more:
asklion.co.uk/gamblingsupport**



**Nottingham
City Council**

Gambling can harm physical and mental health, damage relationships, and leave people feeling lonely and isolated. It can cause problems with employment, education, housing, and lead to serious debt.

Would you recognise the signs of gambling harm?

These signs may help you recognise if gambling is causing harm to you or someone you know. Are you or someone you know:

- ☒ Preoccupied, struggling to concentrate or distracted by gambling?
- ☒ Withdrawing from social activities to gamble instead?
- ☒ 'Chasing losses' to try to win back money you have already lost?
- ☒ Lying to others about the time or money you spend gambling?
- ☒ Experiencing big changes to your mood?
- ☒ Having trouble sleeping?

Has gambling taken priority or caused you to risk losing an important relationship, job, or other opportunity?

Have you tried to reduce the time or money you spend on gambling but with limited success?

How to find out more or get help

You're not alone. Although it can feel difficult, it is important to seek help.

To find out about different free advice and treatment services available in Nottingham, visit:

www.asklion.co.uk/gamblingsupport

