

Gambling can be fun, but it can sometimes get out of hand!

- Have you considered that the way you game might be a form of gambling? If so has it affected you?
- Have you felt guilty about the way you gamble or what happens when you gamble?
- Have you been affected by another person as a result of their gambling?

If you can answer yes to any of the above questions, advice and information is available. We offer confidential 1:1 zoom drop-in sessions three times a week, which are run by our team members.

Drop In Sessions

Tuesday 12pm-2pm

Wednesday 5pm-7pm

Thursdays 12pm-2pm

Meeting ID: **822 1430 7003** Passcode: **805660**

Alternatively, you can call, email or access live chaton: Leeds Community Gambling Service: **0113 388 6466**

Email: leedscommunitygamblingservice@gamcare.org.uk

Live Chat: <https://aurapp01.mplaurora.net/chatapp/JoinChat.aspx>

