While gambling can be fun, there are some downsides. These include financial implications, like running up large debts, but it can also lead to mental health, sleep and relationship problems.

Issue 7 of Let's Talk Money will provide you with details on how to stay safe while gambling and how to get help if things get too much.

Your financial wellbeing is important and we're here to help. For more information on Police Mutual products and services visit policemutual.co.uk

Gambling and relationships

Having a gambling problem can have a devastating impact on your relationships with other people.

If you are concerned that your relationship with a problem gambler click here for ways to get help.

Gambling and
relationships

Staying safe while gambling

It's important to remain safe whilst gambling and there are many ways to do this, including limiting the amount you spend, giving yourself a time out, blocking online gambling adverts or self excluding.

For more information on keeping yourself safe whilst gambling:

Click here >

Looking after your mental health

Problem gamblers are more likely than others to suffer from low self-esteem, develop stress-related disorders, to become anxious, have poor sleep and appetite, to develop a substance misuse problem and suffer from depression.

If you feel your gambling is leading to poor mental health, click here for ways to get help.

Read more >
Protecting young people
It’s important to ensure young people are kept safe whilst online.
For more details on how to keep your children safe online click here.

Read More >

Gambling and debt
Gambling can lead to problem debt. Worrying about money can be extremely stressful.
If you have financial concerns due to gambling click here for ways of getting help.

Read More >

Where to get help
There are many organisations that can help with problem gambling, including GamCare who operate the National Gambling Helpline, where advisors are available for 24 hours a day.
Click here for full details of organisations who can help with problem gambling.

Read more >

Coming soon
Issue #8
Financial Planning
Click here to look at other guides in this series >

Let’s talk Gambling

We’re here to help:
Visit policemutual.co.uk        Call 01543 441 630

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