

**It's not  
a game**



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

**Find out more:  
[asklion.co.uk/gamblingsupport](https://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](http://www.asklion.co.uk/gamblingsupport)**

