



Have you been negatively affected as the result of someone else's gambling?

Is Gambling impacting on essentials such as food or rent?

Is their gambling causing problems in your relationship?

Is their gambling making you feel stressed or anxious?

Do you feel that you have to lie about or cover up their gambling?

If the answer to any of these is yes, or you are being affected in some other way there is help and support available for you!

**Anyone can be an Affected Other, regardless of sex or age.
If you need help please get in touch!**

Contact Telephone -

NECA Gambling Services

0191 562 3309

27/7 National Helpline Number - 0808 8020 133

Charity Number: 516516