



**Is gambling consuming a lot
of your time and/or money?**

**Is gambling causing problems
for you and/or your family?**

**Is gambling negatively
affecting your relationships?**

**Are you being adversely impacted
by someone else's gambling?**

If you answered **YES** to any of
the above, you're not alone!

You can get help here

If you require any further information or support please contact
our Health and Wellbeing team: Health.Wellbeing@nwas.nhs.uk
or our Gambling Prevention Champion
Tracey Gritt: Tracey.Gritt@nwas.nhs.uk

**INVEST IN
YOURSELF**



TALKGEN
GAMBLING EDUCATION NETWORK

