

**GAMBLING AND...**

**CAN'T STOP  
THINKING  
ABOUT IT?**

Is gambling making  
you feel distracted?

**YOU'RE NOT ALONE**



Get the right help for  
you, a family member,  
or a friend.

**[gamblingunderstood.co.uk](https://gamblingunderstood.co.uk)**

**GAMBLING**

**UNDERSTOOD**