

# **GAMBLING AND...**

# **FEELING WIPE OUT?**

Is gambling leaving you  
with no energy to focus  
on anything else?

**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**