

**National Gambling Helpline**  
**Call Free: 0808 8020 133**  
Live chat via [www.gamcare.org.uk](http://www.gamcare.org.uk)

# Gambling Problems: Find Help and Support Today



Worried about your gambling or someone else's? Find free information, advice and support through GamCare's local services today. We understand gambling and we care about you.

Contact your local team at [scotland@gamcare.org.uk](mailto:scotland@gamcare.org.uk)  
or call **01312 615 220**.



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