

WHAT WE OFFER:

RCA Trust provide FREE and confidential treatment services across Scotland for individuals affected by gambling as well as their loved ones.

We operate an open referral policy and can take referrals via phone or email.

GET IN TOUCH WITH US

To make a referral for yourself or on behalf of somebody else, or receive some advice and support please contact RCA Trust

RCA Trust operates as part of the National Gambling Support Network



RCA Trust
8 Inche Street
Paisley
PA1 1HP

Open Monday-

Friday 9am till 5pm

0141 887 0880



info@rcatrust.org.uk

National Gambling Helpline

Available 24/7:

0808 8020 133



SAFER GAMBLING INFORMATION



National
Gambling
Support
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RCA Trust

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BeGambleAware

Health Check

- Are you concerned about how much money or time you have been spending gambling?
- Are you betting more than you can afford to lose?
- Is gambling causing issues with those around you, or your mental health?

If you have answered yes to any of the above questions, it is important that you use the right tools to keep you safe from harmful gambling.

You can set "cooling off periods" on the gambling websites you use, which allows for a short break away if you feel that your gambling is becoming out of control.

Self-Exclusion

If you wish to exclude yourself completely from gambling, you can use the below resources:

GamStop: www.gamstop.co.uk
Free tool which prevents you from using gambling websites and apps for a period of your choosing.

GamBan: www.gamban.com
This is a form of blocking software that you can download onto a computer or other device which stops you from accessing gambling websites.

Multi Operator Self Exclusion Scheme (MOSES):
<https://self-exclusion.co.uk/> - 0800 294 2060
Self-Exclusion for betting shops across Great Britain

SENSE : www.sensescheme.com

Self-Exclusion for casinos across Great Britain

Bingo Industry Self-Exclusion Scheme (BISSES):

www.bingo-association.co.uk/self-exclusion

Self-Exclusion for any licensed bingo premises within Great Britain



Self-Help

Exploring hobbies that you can incorporate into your life is a useful way of coping with gambling urges, as it is important that you fill your time with healthier activities that can replace the time you would typically spend gambling.

Be conscious of how you feel when you gamble. Do you typically gamble when you are bored, stressed, upset?

When you feel these feelings, it is important that you explore healthy ways of coping, to lower the risk of gambling urges.

It is important that you talk to someone you trust if you are starting to worry about your gambling. This could be a family member, friend, colleague, or you can discuss your concerns with a member of the team at RCA Trust.



safer gambling

Whilst the majority of those who gamble can do so safely, some may use gambling as a way of subsidising income or coping with difficult emotions.

The following tips can help prevent your gambling from becoming harmful.

HARMFUL BEHAVIOURS THAT INCREASE RISK:

- Gambling as a way of making money
- Gambling to relieve boredom
- Gambling to cope with difficult emotions
- Drinking or taking drugs whilst gambling may result in an inability to control spending
- Gambling alone may accentuate harms
- Gambling for long periods of time may lead to heavier losses
- Online gambling presents a greater risk of harm due to speed of play and 24/7 access

SAFER BEHAVIOURS THAT HELP REDUCE RISK:

- Set money limits
- Set time limits
- Maintain interests in other activities/hobbies
- Consider how gambling may be impacting your finances
- Only spend what you can afford to lose
- Avoid gambling alone
- Avoid gambling when you are upset or stressed
- If you feel overwhelmed by your gambling, seek help by talking to someone