@SGWeek #SGWeek24
National Gambling Helpline
0808 8020 133
Republic of Ireland
1800 936 725
Northern Ireland
08000 886 725
Safer
Gambling Week
18-24 November 24
safergamblinguk.org

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Only spend what you can afford

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Gambling shouldn't interfere with your personal relationships

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Set your limits for time and money

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Tools are available to help you gamble more safely

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Let's talk about Safer Gambling...
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Ask yourself... Are you past your spending limit?

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Play Smart... Don't chase your losses

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Remember... It's good to take a break

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Remember... Gambling is not a way to make money

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Remember... It's good to set yourself limits

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Remember... Friends & family are more important than gambling

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