

**HOW TO GET HELP WHEN YOU NEED IT**

**SENSE** allows people who believe they have a problem with their gambling to voluntarily enrol in an exclusion scheme.

Visit [senseselfexclusion.com](https://senseselfexclusion.com)  
or call **020 3409 2047**

**GamCare** operate the **National Gambling Helpline** and offer confidential information, advice and support 24/7 on **0808 8020 133** or via **Live Chat** at [GamCare.org.uk](https://GamCare.org.uk) or using the **QR code below**

**GambleAware** offer free, confidential help and support to anyone who's worried about their - or someone else's - gambling.

Visit [begambleaware.org.uk](https://begambleaware.org.uk)



# PLAY SMART

**GAMBLE RESPONSIBLY.**

**SOME TIPS ON HOW TO STAY SAFE**

## OUR COMMITMENT

Aspers is committed to conducting its business with integrity and to adopting respectable and ethical standards, acting across its business interests with due care and diligence.

We are committed to compliance with the Gambling Act 2005, the Gambling Commission's Licence Conditions and Codes of Practice, the Anti-Money Laundering Regulations 2017 and the Licensing Act 2003.

## TIPS ON HOW TO STAY SAFE

- **Don't** think of gambling as a way to make money
- Only gamble with money you can **afford to lose**
- Set a **money limit** in advance
- Set a **time limit** in advance
- **Never** chase your losses
- **Don't** gamble when you're depressed or upset
- **Balance** gambling with other activities so that it doesn't become your **only** form of entertainment
- **Don't** take your bank card with you
- Consider setting daily financial limits that are within your means, at the **Cash Desk**
- Take frequent **breaks**, don't lose track of time and perspective
- If you are going to consume alcohol please **do so responsibly** and maintain good judgment

## BE MINDFUL

Are you aware of the most common signs that your play is harmful?

- Does gambling occupy your thoughts and distract you while you're at work or with friends and family?
- Do you find yourself removing yourself from situations to place your next bet?
- Do you use gambling as an escape or a coping mechanism?
- Are you chasing losses?
- Are you being completely honest about how much time and money you're spending on gambling?

If you're not sure whether you're gambling safely, visit [gamcare.org](http://gamcare.org) and complete a quick and simple self-assessment.

## ASK US ABOUT SAFER GAMBLING

If you are looking for advice and support, or would like a hand to set your personal limits, our knowledgeable team are available to help.