

“My gambling addiction lasted 11 years. At its height losing lots of money and stealing saw me serve time in prison. Motiv8 supported me in prison. The help has been amazing and its changed my life. It’s made me a much better person.”

Motiv8 Addiction Services offers free support to anyone affected by gambling on the Isle of Man.

We are a dedicated team of highly qualified and experienced counsellors who specialise in addictive behaviours.

We are committed to helping our clients make positive changes to their lives with a non-judgemental therapeutic approach.

Call free on 0808 1624 627, text on +44 7624 498985 or email contact@motiv8.im. We aim to offer a first appointment within one week.

Do you recognise any of the following?

- > Uncontrolled spending
- > Significant time spent gambling
- > Concealing or lying about gambling behaviour
- > Gambling impacting on relationships with family and friends
- > Withdrawal from family activities
- > Spending excessive amounts of time on a computer
- > No apparent interests or leisure pursuits
- > Absence from school, college, university or work

Is gambling getting in the way of the life you want to live?

Motiv8 Addiction Services
www.motiv8.im
Call free: 0808 1624 627

Help with a Gambling Problem

Find help and support today



Motiv  GAMBLING
AWARE



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AWARE

Motiv8 Addiction Services

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Many people find themselves unable to explain why they continue to gamble

Understanding the role gambling plays in your life can be the first step in making changes to reduce the harm it causes. It is unlikely that there will be a single answer, and you may need a combination of strategies to make lasting changes. You are more likely to be successful if you have support from others.

You can contact us on 0808 1624 627 or visit www.motiv8.im to find out about the free and confidential support we offer.



Take steps

Try to stop all gambling while you are breaking the habit. Look for patterns - do you feel a need to gamble when you feel bored, stressed or under pressure?

Mark each day you do not gamble on a calendar; check how many days you managed to stay clear of gambling and try and beat this the next week. You can also reward yourself for a period free of gambling by buying or doing something for you or a loved one that is unrelated to gambling. If you feel uncomfortable handling money, take a friend along with you.

Other actions which might help:

- > Scheduling other activities for when you're most likely to gamble.
- > Making it harder to access your money. Ask someone you trust to handle your money for you for now.
- > Self-excluding yourself from gambling venues and sites, and installing blocking software for online gambling.

- > Writing your feelings down in a diary. Compare how you feel on days when you gamble to days when you don't and make a note of how you have coped.
- > Motiv8 also runs a SMART recovery group for those impacted by gambling. (SMART is a mutual aid group work programme) Every Wednesday, 5.30 to 6.30pm.



Take care

- > Take one day at a time and it will be easier to break your gambling habit.
- > Develop your range of interests, especially with other people who don't gamble.
- > Replace gambling with activities and interests that meet similar needs, perhaps a sport with a strong element of competition.
- > Be prepared for withdrawal symptoms. You may feel depressed, irritable, shaky or have palpitations.



Take heart

- > Be positive. Set yourself achievable targets and be realistic. With each goal you achieve, your confidence and self-esteem will grow.
- > If you have been gambling for many years, your situation may not improve immediately. It can take time and effort to make changes and maintain them.
- > Nearly everyone has lapses – be prepared for them and to learn from them and try again. Don't punish yourself, instead try to reflect on the day and think about what you've learnt from it. Take heart, and focus on the time you were not gambling.
- > Be optimistic – you can make a change for the better.

Motiv8 Services

Motiv8 is an Isle of Man registered charity. We offer free and confidential support for anyone impacted by their own or someone else's gambling and other addictive behaviours.

We can offer one to one sessions with a trained counsellor, a range of group work programmes, psychological services and the mutual aid group, SMART recovery. Appointments can be made at mutual time that suits you. We are open Monday to Friday, daytime and evening appointments are available.

So, you'll tell me what to do?

No, your counsellor is there to support you and help you to understand your situation better, so you can identify the goals which matter to you and make positive changes in your life.

How long does it take?

We offer a range of short- and longer-term treatment options, either over the phone, face-to-face or online. You may receive one-to-one support, or you may take part in group courses where you can meet others in similar situations.

Lapses may happen, and if they do your counsellor will work with you, supporting you towards your goals for recovery. If you change your mind about treatment at any time this is your choice, however, you can speak to your counsellor about other support options.

How do I make a start?

Contact us on 0808 1624 627 or contact@motiv8.im. We will listen to you, and talk you through the support options available. When you first contact us, we will ask you for some basic information like your contact details. All the information you give us is confidential and is stored securely.