

“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.”

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.

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.

Motiv8 Addiction Services
www.motiv8.im
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Tools to help you stop gambling

Practical steps you can take today



Motiv8 Addiction Services

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Managing Money

If you realise gambling is a problem for you, handing over your finances to a trusted person such as your partner, a close friend or family member for a set period of time is always an option.

Self-exclusion

You can 'self-exclude' from all types of gambling, either in a physical venue or online, which means you ask the gambling business to stop you from gambling with them, usually for between six months - five years.

You can ask the staff in a venue to do this for you, or you can arrange exclusion from multiple gambling venues or sites through 'multi-operator self-exclusion schemes'.

GAMSTOP can exclude you from most online gambling companies who are licensed to provide gambling activities in the UK: www.gamstop.co.uk

You can also contact individual bookmakers or the casino for assistance with self-exclusion from their venues.

You can also speak to your local bank. Most banks offer tools to block gambling transactions.

Blocking Software

To prevent yourself from accessing online gambling, it may also be helpful to download specific software to block gambling activities. We would encourage you to do your research and find out which is the best product for you. Some software is free, some charge a fee.

For smartphones and tablets, you can also search on the App store or the Android Market to find available products. If you are using iOS, on an iPhone or iPad, you can use the inbuilt parental blocker that will prevent access to gambling related content. You would need someone else to set the password for you.

General software is also available to block adult content, and your internet service provider may be able to offer you an option to opt out of all adult sites, or supply you with anti-virus software that allows you to block certain areas such as gambling. You can also ask your mobile phone or interactive TV provider to limit or block your access to gambling services.

Visit www.gamcare.org.uk/self-help/blocking-software to find out more.

Unsubscribe

You should only receive marketing communications by email or text message if you have given your specific consent to receive them. If you self-exclude, you should be removed from mailing lists at gambling companies. However, if you are receiving unwanted communications offering you gambling products, unsubscribe using the instructions provided.

It is also worth removing yourself from other mailing lists you may be on, for instance communications from payday lenders or other loan companies.

Keep busy

You may find it useful to replace gambling with other types of activities, which will occupy your time and keep you focused on something else, such as:

- Playing sport – team sports are a good choice
- Going to the gym or walking / running / hiking
- DIY around the house, or for people who have supported you
- Gardening
- Further education or classes / social groups
- Spending time on planned activities with friends or family
- Volunteering

Find a positive motivator, something you can look forward to or a goal you want to achieve. Everybody's plan will be different; the important thing is that you find what works for you.

Self-help resources

GamCare offers a self-help workbook to help people change their relationship with gambling, working at their own pace.

The workbook is available as a single download, or you can work on it in sections if this would suit you better. The documents are provided as interactive PDFs so that you can download the file and then type straight into them, saving to your own device as you go along. You can also print copies if you prefer.

Visit www.gamcare.org.uk/self-help/self-help-resources to find out more.