



*Unlocking the door to personal growth learning and change*

We provide **FREE** and **CONFIDENTIAL** advice, information and counselling for adults over 18 who are directly or indirectly affected by problem gambling issues.

**[www.dunlewey.net](http://www.dunlewey.net)**

Contact us

**028 9039 2547**

Free Gambling Helpline

**N.I. 08000 886 725**

**ROI 1800 936 725**

## In the last 12 months, have you:

- Bet more than you could really afford to lose?
- Gone back on another day to try to win back money you have lost?
- Borrowed money or sold anything to gamble?
- Felt guilty about the way you gamble or what happens when you gamble?
- Experienced health problems such as stress or anxiety as a result of Gambling?
- Been affected by someone else's gambling?

