

Is gambling destroying you?



Gambling can get out of control; it's a game designed to return less in winnings than is gambled. It can affect your job, your money, your life.

Let us help.... the GamCare service is available across Norfolk and Suffolk and is delivered by NORCAS. We offer a confidential and non-judgmental 1to1 counselling service that is free for both gamblers and those affected by gambling.

Our experienced counsellors will understand your issues and know how best to help.

Contact:

GamCare Norfolk call **01603 660070**

GamCare Suffolk call **01473 259382**

gamcare@phoenix-futures.org.uk



NORCAS

part of the Phoenix Futures Group

Experts in recovery for over 40 years