



**If you work in a pub,  
club, bar or brewery  
and, are having  
difficulties with  
gambling and debt.  
The Licensed Trade  
Charity (LTC) can offer  
FREE and confidential  
help.**

Gambling is more accessible than ever. Hundreds of gambling companies now have casino styled games and betting apps making it more convenient to wherever you are. Any type of gambling comes with a risk, but online gambling makes placing a bet as easy as checking your email. It's more important than ever to understand how to stay safe when gambling.

If you are concerned that your gambling may be getting out of control, there are lots of resources to help support you and to change your relationship with gambling for the better. At the LTC we have a 24/7 helpline free and confidential, available to anyone who has worked or works in pubs, bars, clubs and breweries.

We work with experts in the industry to provide a specialist and personable service to help you manage any concerns or difficulties.

There is always someone here at LTC to support.  
Contact us on 0808801 0550 or visit our website  
[www.licensedtradecharity.org.uk](http://www.licensedtradecharity.org.uk)

## Other sources of information:



Gambling Commission:  
[www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk)  
This is the government body that regulates the gambling industry. The website includes information for the public on safer gambling and consumer rights.



Gamblers Anonymous:  
[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)  
The GA website offers help for people with gambling problems, including a forum, chat room and information, plus a facility to help you find your nearest GA meeting in the UK



BeGambleAware:  
[begambleaware.org](http://begambleaware.org)  
This website aims to help people make informed decisions about their gambling (includes a report that evaluates online blocking software).



Get Safe Online:  
[www.getsafeonline.org](http://www.getsafeonline.org)  
A UK website that provides easy-to-understand information regarding online safety.