

# Coronavirus (Covid 19) notice about: Gambling



Are you worried about your gambling, or the gambling of a loved one? See below for some support services that are available.

## Talk to someone:

### Gamblers Anonymous

Support for men and women who wish to stop gambling

**Website:** [www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)

**Phone numbers:**

Dublin: 01 872 1133 / 087 748 5878

Cork: 087 285 9552

Galway: 086 349 4450

Tipperary: 085 783 1045

Kerry: 087 426 6633

Waterford: 087 185 0294

Belfast: 048 9024 9185

### Problem Gambling

Support for anyone affected by Problem Gambling. Free counselling available in some areas. The phone line is available from Mon-Fri, 09:00 - 17:30.

**Website:** [www.problemgambling.ie](http://www.problemgambling.ie)

**Phone number:** 089 241 5401

**Arrange a call-back:**

Email [info@problemgambling.ie](mailto:info@problemgambling.ie) or text 089 241 5401

## Limit your gambling:

### Self-exclusion

Bookmakers offer self-exclusion. This is where you make an arrangement to prevent you from gambling with them.

You can arrange self-exclusion inside a betting shop. Ask the person working in the shop to assist you.

Check the website of your bookmaker to see if you can set up self-exclusion online.

### Bet Blocker

BetBlocker is a free online tool to help you control your gambling. You can download it online and install it on as many devices as you like.

You can block yourself from accessing over 12692 gambling websites. You can select how long you want to be blocked for. You can also use it to block young people from gambling sites.

<https://betblocker.org/>

National Traveller MABS [www.ntmabs.org](http://www.ntmabs.org)

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