

STAYING IN CONTROL

THE GOLDEN RULES OF PLAYING FRUIT MACHINES



Playing machines is buying fun,
NOT investing money

Only play with money you can **AFFORD** to lose

Set **LIMITS** on how much you will spend

Playing within your means can be **FUN** and exciting

Spending outside your means can create
PROBLEMS for yourself and others

If you feel you are in difficulty with your gambling or know someone who is and would like to help: Call the national helpline operated by GamCare 0800 8920 133 or chat online at www.gamcare.org.uk



GamCare is the national centre for information, advice and practical help regarding the social impact of gambling. Their helpline is run by trained staff who can offer confidential, anonymous and advice to problem gamblers, family members and to friends of gamblers.

Published by becta

