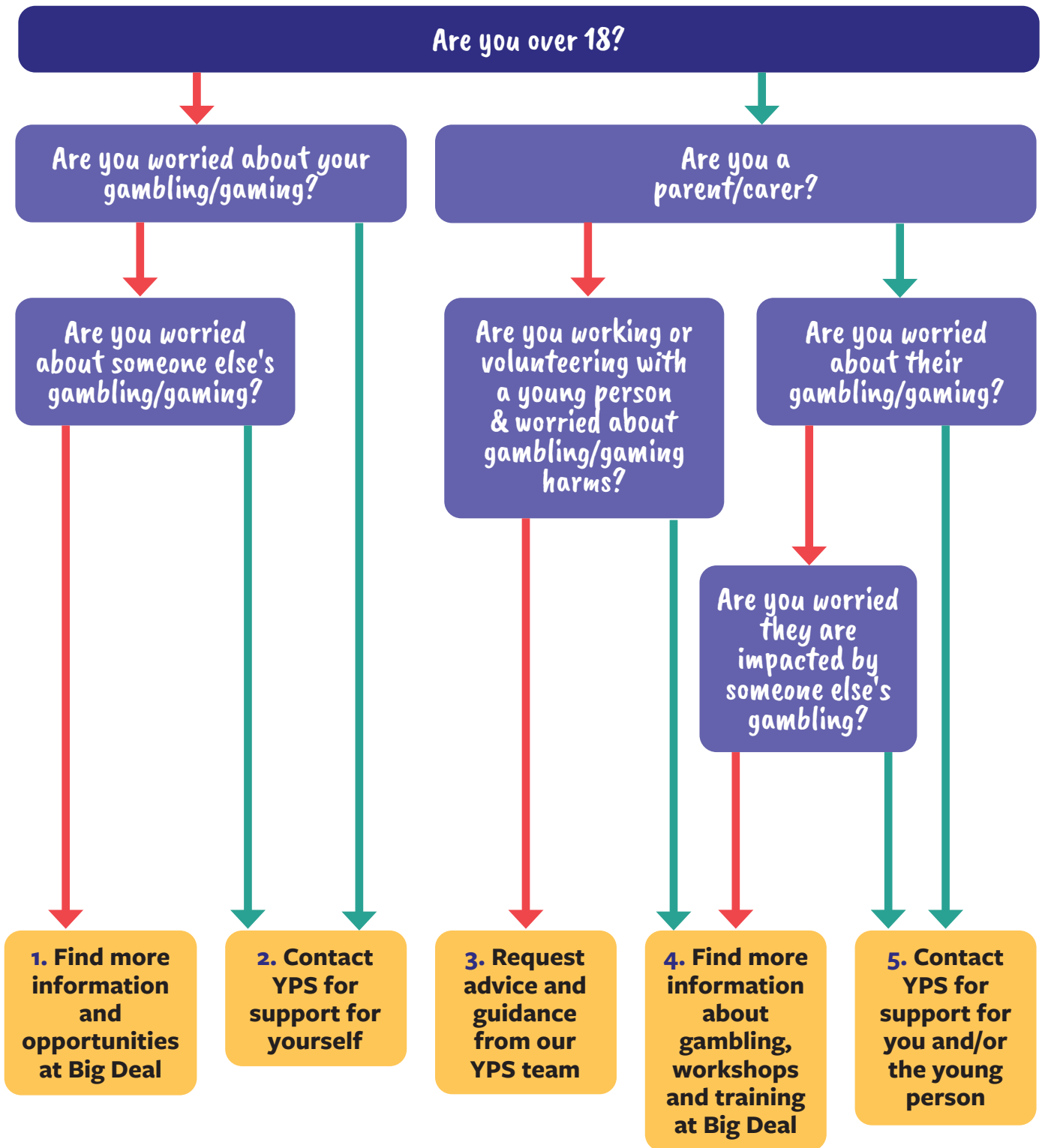


WHO CAN YOU SPEAK TO IF YOU'RE WORRIED ABOUT GAMBLING OR GAMING?

KEY:  No  Yes



WHO CAN YOU SPEAK TO IF YOU'RE WORRIED ABOUT GAMBLING OR GAMING?

1. Big Deal is a place for young people to find information and support related to gambling, either for themselves or for someone they care about. There is lots of information, as well opportunities such as our Youth Advisory Board which can get young voices heard, and can help you achieve your Duke of Edinburgh Award.

2. You can contact us via **the form** on Big Deal, call the National Gambling Helpline 24/7, 365 days a year on 0808 8020 133 or use **live chat**. You can also contact the helpline on WhatsApp or Facebook Messenger. You can **email** the YPS directly too.



3. BigDeal also offers support to parents and training to those who work or volunteer with young people, such as teachers, youth workers and social workers. Visit our **parents' and professionals' hub** for information on how gambling-related harm can affect young people and to find out about our training and workshops.

4. Professionals can access the YPS for advice and guidance about a young person they are concerned about. They should **email** the YPS with their query and arrange a telephone or video call. Professionals can also contact the Helpline/ live chat.

5. Parents can email the YPS for advice and guidance, as well as self-refer in via our **referral form** if they would like support in relation to their child/dependent and any gambling/gaming harms within the family. Parents can also use the **referral form** to refer in their child/ dependent with their consent. Parents can also contact the Helpline/ live chat.

