

CHANCES: *cyrenians* GAMBLING SUPPORT

Are you worried about your gambling? We can help!

- Free one to one practical & emotional support
- Support to reduce gambling or stop completely
- Individual & non-time limited approach
- Practical support accessing debt & financial support
- Non-judgemental & confidential
- And more!

Take a chance and get in touch.

- Find out more here: www.cyrenians.scot/chances
- Email chances@cyrenians.scot
- Or give us a text, whatsapp or call **07983 137239**



CHANCES: *cyrenians* GAMBLING SUPPORT

**Are you being impacted by someone's gambling?
We can help**

- Free support, help & advice
- Understand loved ones triggers
- Learn positive communication strategies
- Increased resilience
- Self-care
- Improved wellbeing & outlook
- And more!

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