

I'm worried about my gambling habit, is there any help?

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Yes. If you feel that your gambling habits are negatively affecting you financially, mentally or emotionally there is lots of confidential support available to you.

Gambling doesn't have to be an addiction to be a problem. It is important to seek help if you feel that gambling is disrupting your life in any way.

As a University of Leeds student you have free access to the [Big White Wall](#), an online mental health and wellbeing service, and the [University Counselling Service](#). You can always call into LUU Advice for a confidential chat about what support is available.

Here are some useful websites that may also help:

- [GambleAware](#)
- [GamCare](#)
- [GamStop](#)

If you're worried about a friend who you think may have a problem with gambling, we can help them. Just drop in for a chat.

Contact Details

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