**Odds On Support Pack by Dante or Die**

**Odds On** draws from real life issues surrounding gambling harms.

In recognition of this we have collated the support resources below in consultation with our Lived Experience Creative Advisory Group, made up of people with lived experience of gambling harm. You can read further on the themes of Odds On and access support services if you think you, or someone you know, has experienced gambling harm. Click the links below to access more information on each.

**Gambling Treatment and Support**

* [GamCare](https://www.gamcare.org.uk/get-support/talk-to-us-now/)
* [Gordon Moody](https://gordonmoody.org.uk/)
* [NHS](https://www.nhs.uk/live-well/addiction-support/gambling-addiction/)
* [Red Card](https://redcardgambling.org/)

**Peer and family support**

* [GamAnon UK](https://gamanon.org.uk/)
* [Gamblers Anonymous](https://www.gamblersanonymous.org.uk/)
* [Gam Fam](https://gamfam.org.uk/)
* [Gam Learn](https://www.gamlearn.org.uk/)
* [The Six to Ten Project](https://thesixtoten.co.uk/)

**Self Exclusion Tools and Resources**

* [Gamban](https://gamban.com/?gclid=Cj0KCQjwr-SSBhC9ARIsANhzu15PIS5m48JBeFgXwPpeix2W10283GtqiVTaU5AnEOwHPF8gN0LCpGYaAv7BEALw_wcB)
* [Gam Stop](https://www.gamstop.co.uk/)
* [Multi Operator Self Exclusion Scheme](https://self-exclusion.co.uk/)

**Additional Information**

* [Be Gamble Aware](https://www.begambleaware.org/ngts)
* [Royal College of Psychiatrists](https://www.rcpsych.ac.uk/mental-health/problems-disorders/gambling-disorder)

**Tools and resources**

* [Step Change](https://www.stepchange.org/)

**Helpful Podcasts**

Available on Spotify, Apple podcasts, Google Podcasts and various other reputable providers of listening content

* [All Bets are Off](https://podcasts.apple.com/gb/podcast/all-bets-are-off/id1511740988)
* [All In: The Addicted Gamblers Podcast](https://podcasts.apple.com/gb/podcast/all-in-the-addicted-gamblers-podcast/id956747473)
* [The Broke Girl Society](https://thebrokegirlsociety.com/#podcast)
* [The Invisible Addiction](https://www.theinvisibleaddiction.com/)
* [The Problem Gambling Podcast](https://podcasts.apple.com/gb/podcast/the-problem-gambling-podcast/id1513847715)