

PGSI MINI SCREENING TOOL

In the last 12 months...

Have you gambled in a casino, bookmakers, online, at sports venues, by buying scratch cards, visiting arcades or bingo halls, or other similar activities?

If yes, please use the below key to answer the following questions:

- 1) Have you gambled more than you can afford to lose?
- 2) Have people criticised your gambling or told you that you had a gambling problem (regardless of whether you thought it was true)?
- 3) Have you felt guilty about the way you gamble or what happens when you gamble?
- 4) Have you been affected by another person as a result of their gambling in a casino, bookmakers, online, at a sports venue, by buying scratch cards, visiting arcades or bingo halls, or other similar activities?

Never = (0)

Sometimes = (1)

Most of the time = (2)

Almost Always = (3)

If your overall score is 1 or above, then we greatly encourage you to contact our support services.



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HAVE YOU
EVER
GAMBLED
MORE THAN
YOU CAN
AFFORD TO
LOSE?



Talk to us for free, confidential
advice and counselling
available

WHO WE ARE

Ara is a registered charity formed in 1987, based in Bristol. It is estimated that Ara has helped over 40,000 people with alcohol, drug, gambling and mental health issues.

At Ara, we offer **free and confidential advice** about gambling, together with **free one-to-one counselling** for adults and young people experiencing problems with their own gambling, or that of a family member.

OTHER SERVICES

The Six to Ten Project - Supporting affected others

Young People's Education Service (11-19 years)

'Breaking the Sharam' - Gambling harms support within South Asian communities

You are not alone - approximately 430,000 people in the UK are directly suffering gambling harms and 4.3 million people are adversely affected.

"I am grateful for all the help I have been given from Ara. I have a new life at being a new person, I am debt free, my family life is so much better."

- client with Ara

So how can we start the conversation to identify this hidden harm?

Start with asking yourself..

"Has your gambling or the gambling of someone close to you had a negative effect on your life?"

Negative effects might include :

Financial problems
Involvement in crime
Relationship problems
Poor health (mental health issues including stress, anxiety or depression)

If the answer is 'Yes' to the starter question, you can use the questionnaire on the following page to self-assess or contact us directly.