



# Gamblers Anonymous

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England, Wales & Ulster

## A Newcomer Asks

This leaflet is intended to help people approaching Gamblers Anonymous (GA) for the first time.

In it we have tried to answer the questions most frequently in the minds of newcomers – the questions which were in our minds when we approached the fellowship.

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

## **Am I a compulsive gambler?**

Only you can decide, but, if gambling is creating problems in your life at home, work, or with the law, then you may be a compulsive gambler.

## **What can I do if gambling is causing me a problem?**

Seek help. Gamblers Anonymous can help.

## **What is Gamblers Anonymous?**

Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

## **Do I commit myself to anything if I go to a GA meeting?**

No. You need not declare anything about yourself. No one will force you to do or say anything you don't want to. You alone, will decide whether you want to come back to another meeting or not.

## **How much does it cost to join GA?**

Nothing. There are no fees for GA membership. The only requirement is a desire to stop gambling.

## **How do I join GA?**

Whenever you are ready to admit you have a problem, and have a desire to stop, then GA membership is open to you.

## **How can GA help me with my gambling problem?**

By giving you support, understanding and a belief that you can live a life without gambling.

We know at GA, what it is like to be addicted to gambling and unable to keep promises made to others and ourselves, that we will stop gambling. We are not professional therapists; our only qualification for helping others to recover from compulsive gambling is that we have stopped gambling ourselves, but problem gamblers coming to us know that recovery is possible because they see people who have done it.

## **What happens at a GA meeting?**

A Gamblers Anonymous meeting may take one of several different forms, but at any meeting you will find compulsive gamblers talking about what gambling did to their lives and personalities; what action they took to deal with this and how they are living their lives today.

## **Is GA a religious organisation?**

No, and it is not allied to any other organisation.

## **How long must I attend GA before I am cured?**

We in GA believe that you can never be cured, but that our illness of compulsive gambling can be arrested, one day at a time.

## **Can I take my family to GA?**

There is a fellowship called Gam-Anon where family and, friends of compulsive gamblers can also get help and understanding.

GA does not promise to solve your life's problems, but we can show you how we are learning to live without gambling, "one day at a time". We stay away from the first bet. If there is no first one, there cannot be a tenth one. Once we got rid of our gambling, we found that life became much more manageable.

Only you can decide whether you think GA is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped gambling.

## How do I contact Gamblers Anonymous?

Via the website:

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

Or by email:

[info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)

## Where are GA meetings?

In most main towns there are meetings every week.  
In major cities on more than one night a week.

## To helping agencies

Please ask for supplies of this leaflet and also  
the leaflet: *Young Gamblers in Recovery*.



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