

# Gamblers Anonymous

## 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 fellowships.*

### **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 compulsive.

### **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 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.

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

At a GA meeting you will find people talking about their gambling problems, how they are recovering on a daily basis, and how they cope with life 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.

## **How do I contact Gamblers Anonymous?**

### By phone: (24 hours)

South (London) 020 7384 3040

Midlands (Birmingham) 0121 233 1335

North West (Manchester) 0161 976 5000

North East (Sheffield) 01142 620 026

Ulster (Londonderry) 02871 351 329

Scotland (Glasgow) 08700 50 88 81

### By post:

GA CVS Building, 5 Trafford Court, Doncaster DN1 1PN  
(replies in plain envelope)

### By email:

private @gamblersanonymous.org.uk

### On the web:

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

## **Where are the 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.*