**SOCIAL RESPONSIBILITY**

The Veterans' Foundation understands that on occasion some individuals may require assistance with regard to responsible gambling. It may be a relative, partner or friend that identifies that a participant may have difficulties with their gambling practices.  
Participating players with any concerns or relatives, partners or friends with similar concerns for any individuals may wish to consider the following questions in order to assess the impact that participation in gambling activities may have;

* Do you hide your gambling from those around you?
* Do you stay off work or college to gamble?
* Do you avoid your friends, family or partner to gamble?
* When you don't win do you feel angry, lost or despair?
* Have you ever lied or stolen money to provide funds to gamble?
* Have you ever taken out a loan to gamble with?
* Have you ever lied about the money that you have lost?
* Have people you know commented about how much you gamble?
* Are you reluctant to spend money that you have put aside for gambling on anything else?
* Do you put gambling before your loved ones?
* Do events in your life such as arguments or frustrations make you want to gamble more?
* Have you ever felt depressed or suicidal because of your gambling?

Not everyone realises they have a problem until it becomes a controlling and destructive force in day to day life. If individuals participating in gambling services answer yes to any of the above questions, this may be an indicator of a potential gambling problem.

The Veterans' Foundation recommend that individuals with any concerns take immediate and positive steps today to help themselves control and beat potential gambling addiction.

The Veterans' Foundation recommends the following organisations who can provide specific and helpful advice;

Gamcare – [www.gamcare.org.uk](http://www.gamcare.org.uk/)  
Gamcare National Helpline – Freephone 0808 8020 133  
Gambler Aware - [www.gambleaware.co.uk](http://www.gambleaware.co.uk/)  
Gamblers Anonymous - [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk/)  
Gambling Therapy - [www.gamblingtherapy.org](http://www.gamblingtherapy.org/)

The Veterans' Foundation intend that all participants of the Veterans' Lottery enjoy the experience whilst remembering that at all times they must ensure that gambling is conducted in a responsible manner and that appropriate participation limits are set. With this in mind, the Veterans' Lottery currently limits the number of entries per month at 5 per participating player.

Should any participant feel they are losing the ability to control their play we would strongly advise that they seek an immediate stop to their gambling activity either via a time out period or complete Self-Exclusion and contact one of the organisations listed above.

**SELF-EXCLUSION**

The Veterans' Foundation offer self-exclusion. A participant can elect to self-exclude themselves from the Veterans' Lottery by emailing [enquiries@veteransfoundation.org.uk](mailto:enquiries@veteransfoundation.org.uk). We would recommend that any individuals wishing to self-exclude also contact one of the organisations listed above for further advice on Gambling Addiction.

All monies held by the Veterans' Foundation upon receiving a self-exclusion request will be returned to the participant and their account will be suspended with immediate effect.

Participants can choose the length of the self-exclusion period although the minimum period is six months. Individuals can request the period be extended up to twelve months. During this time any self-excluding individuals will not be permitted to purchase tickets for any subsequent draws.

During any period of self-exclusion participants' contact details and email addresses will be removed from the Veterans' Foundation marketing database. Participants wishing to reactivate their account after the end of the self-exclusion period must contact us and we will then impose a further 24 hour cooling off period so that the participant can reassess their intentions prior to being allowed to gamble.

If an account is reactivated a participant can elect to self-exclude at any time again in the future.