

# Long and Short Copy

We've created short-form and long-form copy to help you share this message with your audience. Short-form copy works well for social media posts, website blurbs and intranet content. Long-form copy is suited to email communications, internal forums and website features.

Has gambling got you feeling stuck? Or trapped? Or does it have you feeling tied in knots? Whether it's your gambling or someone else's, if these feelings sound familiar, you're not alone. You don't have to carry them by yourself. GamCare can help you break free from the feeling through free, confidential support local to you.

To find out more, visit [gamcare.org.uk/](https://gamcare.org.uk/)  
or call 0808 8020 133

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Here at GamCare, we help thousands of people break free from the feeling. Whether it's your gambling or someone else's, you deserve support - and we are here for you too.

Through the National Gambling Helpline, we offer free, confidential support at any time of day or night, helping you talk things through and find the right kind of help, in a way that feels right for you.

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