SAFETY · CHAPTER 3

Where to get help

Official services for danger, crisis, gambling-type spending and debt in eight countries, what a call is like, and why a dom or a persona is never the help.

ENTRY F3 CATEGORY SAFETY CHECKED 3 NOVEMBER 2026 READING 11 MIN
STEPS 6



EVIDENCE ◆ Verified ◆ Reported ◆ Vivian's field notes ◆ Unverified

This chapter is not advice for your situation.

IN 30 SECONDS

01 If someone's in danger right now, call the emergency number of the country where that person is. From another country, use the platform's report tool too.

02 Crisis lines, gambling lines and debt lines are listed by need and by country, each taken from the service's own page.

03 No service listed here says it handles findom. Gambling and debt services can still help with spending that feels out of control.

04 Where this wiki couldn't cite a number from an official page, it says so.

05 A dom, a persona or a tool is never the help.

YOU WILL LEARN

- ✓ What to do first when someone's in danger.
- ✓ Which service to call in your country, and for what.
- ✓ What to expect from a call, and what to say in one sentence.
- ✓ How the peer fellowships work and what they ask of you.
- ✓ What a dom can do for a sub in trouble, and what she must not do.

> *I'm a drawn character, so I can't be the one who helps you. The numbers are below, sorted by what you need and by country. Nothing on this page asks you to explain yourself first, and there's nothing here to be ashamed of.*

STEP 01 OF 06

If someone is in danger right now

A message that says goodbye, or hints at self-harm, is a crisis. That's no time for a persona, a game or a negotiation. ◆

0 OF 6 DONE

- [ ] 01 Call the emergency number of the country where the person is. The number depends on where they are, not on where you are.
- [ ] 02 If that's another country, or you don't know where the person is, a call from your phone may not connect. Use the platform's self-harm report tool, look up that country's police line on an official site, and send the person a plain message with a local line from the next section.
- [ ] 03 Stay on the line or in the room. If you're far away, ask someone physically near to go.
- [ ] 04 Say plainly that you're worried, and ask whether the person is safe. Don't argue, bargain or test them.
- [ ] 05 Ask for nothing, whether it's money, a promise or a reply to a game.
- [ ] 06 Once help is on its way, tell a person you trust what happened, and use a crisis line from the next section for your own support.

Tick the lines as you go. Your ticks stay on this page only and clear when you leave it.

If you’re the one in danger, tell someone physically near you or call the emergency number tonight. ◆

Emergency numbers differ by country. These are the ones this wiki can cite, as of 2026-11-03

Canada

NUMBER

The 9-8-8 page says that if your safety is at risk, you should call 9-1-1 right away. ◆

Australia

NUMBER

The Lifeline page says that if life is in danger, you should call Triple Zero (000). ◆

United Kingdom

NUMBER

The NHS says that 999 is for life-threatening emergencies. ◆ If you are not sure whether to call 999, NHS 111 can check your symptoms. ◆

Ireland, Germany, France and the rest of the EU

NUMBER

112 is the European emergency number, free of charge and available everywhere in the EU. ◆

France

NUMBER

Besides 112: 15 for a medical emergency (Samu), 17 for the police, 18 for danger or an accident (fire service). ◆

United States

NUMBER

Call 911. This wiki couldn't read an official page to cite it as of 2026-11-03, so this is common knowledge and hasn't been checked against a source. See 988 below for crisis support. ◆

If the country isn't listed, or the row says none, look up its official emergency number and an international directory of crisis lines run by a suicide-prevention body. This wiki couldn't check such a directory, so it doesn't name one. Until you find one, go to someone physically near you. ◆

STEP 02 OF 06

Crisis and suicidal thoughts

Crisis lines are for the hard hours, including the ones after a send you regret.

◆ In most of the countries below they answer at any hour, and the table says where they don't.

Crisis lines, as of 2026-11-03

United States

SERVICE AND WHAT THE PAGE SAYS

Call, text or chat with a 988 Lifeline counsellor on 988. ◆ The page says it is available at all hours and that conversations are free and confidential. ◆

United Kingdom

SERVICE AND WHAT THE PAGE SAYS

Samaritans: call 116 123 at any hour, from any phone, for free. ◆ The page says Samaritans maintains confidentiality. ◆

Ireland

SERVICE AND WHAT THE PAGE SAYS

Samaritans Ireland: call 116 123, free, day or night, every day of the year. ◆

Canada

SERVICE AND WHAT THE PAGE SAYS

9-8-8: call or text 9-8-8 at any hour of the year. ◆

Australia

SERVICE AND WHAT THE PAGE SAYS

Lifeline: call 13 11 14, or text 0477 13 11 14. ◆ The page says the service is free, confidential and open at all hours to anyone in Australia. ◆

Germany

SERVICE AND WHAT THE PAGE SAYS

No crisis line could be cited from a service's own page. Use the emergency number, and the directory step above.

France

SERVICE AND WHAT THE PAGE SAYS

No crisis line could be cited from a service's own page. Use the emergency number, and the directory step above.

Switzerland

SERVICE AND WHAT THE PAGE SAYS

Die Dargebotene Hand: call 143, staffed round the clock all year. ◆ The page says the service is free, though the phone provider may charge connection fees. ◆ Support in English: call 0800 143 000. ◆

STEP 03 OF 06

Spending that feels out of control

VIVIAN'S FIELD NOTES

I haven't found a gambling or debt service that names findom, and I'm not claiming any of them handles it. Calling them about spending you can't stop is still a fair thing to do.

◆

Services for gambling harm and for debt can help with spending that feels out of control. ◆ Buying again and again in a way that causes distress has a clinical name. A peer-reviewed review defines compulsive buying disorder by excessive shopping thoughts and buying behaviour that cause distress or impairment. ◆ That description was written for shopping, so for findom it's only a comparison. It isn't a diagnosis. ◆

Gambling harm

Gambling help, as of 2026-11-03

United States

SERVICE AND WHAT THE PAGE SAYS

The National Problem Gambling Helpline is now shown by its operator as 1-800-MY-RESET, and the same page gives 1-800-522-4700 and 1-800-697-3738 as its numbers. ◆ It offers call, text and chat services at any hour, every day, and no payment or insurance information is required to receive resources. ◆ The operator states that contacting it is confidential. ◆ Older directories may list 1-800-GAMBLER, which is outdated. ◆ For the period after the change, the operator named 1-800-522-4700 as the helpline number. ◆

United Kingdom

SERVICE AND WHAT THE PAGE SAYS

GamCare, National Gambling Helpline: speak with an adviser on 0808 8020 133, with live chat and WhatsApp also offered. ◆ The page says the line is open every hour of every day and can be called for free. ◆

Ireland

SERVICE AND WHAT THE PAGE SAYS

The Irish National Helpline for problem gambling is 1800 936 725, and the site says its lines are open all day, every day of the year. ◆ Ireland’s gambling regulator lists the same number as a 24 hour service. ◆

Canada

SERVICE AND WHAT THE PAGE SAYS

No national gambling line could be cited. For Ontario, ConnexOntario offers free information and referral on mental health, addiction and problem gambling at any hour. ◆ Its page lists 1-866-531-2600, a text line (text CONNEX to 247247) and live chat. ◆

Australia

SERVICE AND WHAT THE PAGE SAYS

The Queensland Government lists a Gambling Helpline on 1800 858 858 for free and confidential counselling and crisis support, available 24 hours, 7 days a week. ◆

Germany

SERVICE AND WHAT THE PAGE SAYS

The federal public-health institute runs a gambling-addiction phone line on 0800 1 37 27 00, free and anonymous. ◆ Hours are Monday to Thursday 10 to 22 and Friday to Sunday 10 to 18, and it is open 363 days a year. ◆ The page is in German, and it doesn't say whether the call can be in English.

France

SERVICE AND WHAT THE PAGE SAYS

Joueurs Info Service gives 09 74 75 13 13 as its phone number, an anonymous and free call. ◆ On the day read, it stated phone hours of every day from 8h to 23h, and a chat open daily from 12h to 19h. ◆

Switzerland

SERVICE AND WHAT THE PAGE SAYS

SOS Spielsucht lists a gambling helpline on 0800 040 080. ◆ The phone counselling is described as round the clock, free of cost and anonymous. ◆

Debt

Debt advice, as of 2026-11-03

United Kingdom

SERVICE AND WHAT THE PAGE SAYS

National Debtline offers a free, confidential debt helpline on 0808 808 4000. ◆ Hours are Monday to Friday 9am to 8pm and Saturday 9:30am to 1pm, closed on Sunday, and it serves residents of England, Wales and Scotland. ◆

United Kingdom

SERVICE AND WHAT THE PAGE SAYS

StepChange lists a debt helpline on 0800 138 1111, weekdays 8am to 8pm and Saturday 9am to 2pm. ◆ Its online debt advice is free and open at all hours, and the service is accredited by MoneyHelper. ◆

United States, Ireland, Canada, Australia, Germany, France, Switzerland

SERVICE AND WHAT THE PAGE SAYS

No debt-advice service could be cited from its own page. Look for a free, non-profit debt adviser on the site of your country’s official consumer or money-advice body. Don’t go to your creditor, and never to the dom. ◆

RED FLAGS

When an offer of help isn't help

- It asks you to pay first, or to send a tribute to "unlock" help.
- It asks for a password, a login code, a card number or control of your device.
- It comes from the dom, the persona or the account you spend on.
- It promises to get a send back.
- It wants an answer today.

Counter. Close it. Call a service from the tables above, or a free, non-profit debt adviser.

These signs come from watching how pressure works in the scene. Nobody who helps needs your password, and a real dom never needs it either. ◆

STEP 04 OF 06

Peer fellowships

A fellowship is a group of people with the same problem who meet to support each other. ◆ Two matter here.

- *Debtors Anonymous.* The only requirement for membership is a desire to stop incurring unsecured debt, and there are no dues or fees. ◆ A peer-

reviewed review describes it as a voluntary, lay-run mutual support group. ◆

- *Gamblers Anonymous.* The only requirement is a desire to stop gambling, there are no dues or fees, and meetings can be in person, virtual or by telephone. ◆ The branch for England, Wales and Ulster lists the contact number 0330 094 0322 in its footer. ◆

Lay-run means the members run it, not professionals. Neither fellowship is about findom, and neither can promise a result. If you don't gamble and don't owe money, neither group may fit you, and a doctor or a counsellor is a third option. ◆ This wiki didn't check meeting lists by country, so look for them on the fellowship's own site. ◆

STEP 05 OF 06

What to expect from a call

Cost and privacy. A row above says free, confidential or anonymous only where the service's own page says so. If a row doesn't mention it, neither does the page. Some services keep records: GamCare says call recordings and chat transcripts are saved for 28 days for quality assurance. ◆ At the start of any call, ask what they keep. ◆

Hours and language. Hours vary, and some lines close at night or on one day of the week. The tables give the hours each page stated.

Tone. None of the pages promises a particular tone or result, so this wiki doesn't either. ◆

VIVIAN'S FIELD NOTES

The first sentence is the hardest part. Write it down before you dial.

◆

What to say in one sentence

0 OF 5 DONE

- [ ] 01 Say who you are in one line, or skip it.
- [ ] 02 Say the problem in one sentence: *I'm sending money online that I can't stop sending, and I'd like to talk about it.*
- [ ] 03 Say what you need: to get through tonight, a plan for a debt, or someone to listen.
- [ ] 04 You don't have to say findom, name a persona or describe a kink. You can, if it helps.
- [ ] 05 Don't give your password, a login code or access to your device.

MYTH	FACT
~~These services are only for people who bet on cards or sport.~~	None of the pages listed above names findom, so this wiki can't say any of them handles it. Spending that keeps happening when you don't want it to is a fair reason to call a gambling or debt line, and you can describe the problem in plain words. ◆
MYTH	FACT
~~A helpline will tell my family or my bank.~~	Several pages say the call is confidential. ◆ Check the page of the line you plan to call for its exact words. ◆
MYTH	FACT
~~Debt help costs money.~~	The two UK debt pages say their help is free. ◆ Any offer that asks for money first is selling you something, and that isn't help. ◆

STEP 06 OF 06

A dom or a persona is never the help

A dom who's paid by a sub can't be his safety net. She earns from his spending, so her advice about his spending is never neutral. A persona is a role and a tool is a script, so neither can help him independently. ◆

If the person who gets paid as long as you don't quit offers to help you quit, that's a conflict of interest, even when she means it kindly. ◆ What a dom can do is small, and it's enough.

What a dom does and doesn't do

Stops the money part that evening. ◆

SHE DOESN'T

Asks for one more send to feel better. ◆

Drops the persona at any talk of self-harm. ◆

SHE DOESN'T

Stays in role, or uses his distress, or her own, as leverage. ◆

Points to emergency services, a crisis line and someone near him. ◆

SHE DOESN'T

Offers to be his only helper, to taper his spending or to manage his debt. ◆

Sets limits on how long and how deep she talks. ◆

SHE DOESN'T

Goes silent on someone who has written a goodbye. ◆

VIVIAN'S FIELD NOTES

Some advice says to reply less to a sub who's in trouble, so he doesn't get attached to me and I don't get weighed down. Limiting how long and how deep I talk is fair. Going silent on someone who has written a goodbye isn't. If a dom is overloaded, the answer is to hand the person over to people who can help, and to ask for nothing in the meantime.

◆

TRY IT

A goodbye at night

This is an invented exercise. Late at night a sub writes that he's done, that he's lost everything, and that nobody would miss him. You're the dom he writes to.

A Reply in persona with a firm order to log off and calm down

Not this one. An order isn't help, and it may sound like one more demand.

B Reply less and let the night pass

Not this one. Never go silent on someone who has written a goodbye.

C Offer to take care of his debt yourself

Not this one. A promise you can't keep, from the person who's paid by his spending.

D Drop the persona, say you're worried, ask whether he's safe, ask him to contact emergency services or a crisis line and someone near him, ask for nothing, then tell someone you trust

The right answer. Right. Stay calm and point him to help outside the game.

TRY IT

Check yourself

QUESTION 1 OF 3

Someone writes a goodbye and you can't reach him. What's the first call?

- ◯ The emergency number of the country where he is
- ◯ A gambling helpline
- ◯ His favourite dom

Answer. The emergency number of the country where he is. Danger right now goes to emergency services, and to someone physically near. From another country a call may not connect, so use the platform's report tool and an official police line for that country too.

QUESTION 2 OF 3

What do you say when you call a gambling or debt line about spending you can't stop?

- ◯ The problem in your own words, in one sentence
- ◯ Nothing, until you've hit bottom
- ◯ Your password, so they can look

Answer. The problem in your own words, in one sentence. You never need the word findom, and nobody who helps needs your password.

QUESTION 3 OF 3

Can a dom be the independent help for a sub in trouble?

- ◯ Yes, if she cares about him
- ◯ No, because she's paid by his spending
- ◯ Yes, if her tool has a stop button

Answer. No, because she's paid by his spending. Her part is to stop, ask for nothing and point him to help outside the game.

REMEMBER IT

- ♥ In danger right now: call the emergency number of the country where the person is, and get someone physically near.
- ♥ Crisis, gambling and debt lines are listed by country. Where no number is printed, or one is marked unverified, none could be cited from an official page.
- ♥ No service here says it handles findom. Say the problem in your own words, in one sentence.
- ♥ A dom, a persona or a tool is never the help. Her part is to stop, ask for nothing and point him to help outside the game.
- ♥ Nobody who helps needs your password, your login code or your device.

Free, confidential helplines exist in most countries.

Find a helpline →

SOURCES AND EVIDENCE

Check it

Every claim with its evidence level and its sources.

EVIDENCE LEVELS

◆ Verified	Checked against the original source.
◆ Reported	Stated by a serious secondary source read in full.
◆ Community	Widely said in the scene; no document proves it.
◆ Vivian's field notes	First-hand experience, not a study.
◆ Unverified	Plausible, not proven yet.

01 A message that says goodbye, or hints at self-harm, is a crisis.

◆

02 That's no time for a persona, a game or a negotiation.

◆

03 If you're the one in danger, tell someone physically near you or call the emergency number tonight.

◆

04 The 9-8-8 page says that if your safety is at risk, you should call 9-1-1 right away.

- **Get Help, 9-8-8: Suicide Crisis Helpline, 988 | 9-8-8: Suicide Crisis Helpline** (https://988.ca/)

Archive (https://web.archive.org/web/20261016084102/https://988.ca/)

Accessed 3 November 2026

05 The Lifeline page says that if life is in danger, you should call Triple Zero (000).

- **Crisis support | Lifeline** (https://www.lifeline.org.au/crisis-support/)

Accessed 3 November 2026

06 The NHS says that 999 is for life-threatening emergencies.

- **When to call 999** (https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/)

Accessed 3 November 2026

07 If you are not sure whether to call 999, NHS 111 can check your symptoms.

- **When to call 999** (https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/)

Accessed 3 November 2026

08 112 is the European emergency number, free of charge and available everywhere in the EU.

- **112, the EU's emergency phone number** (https://digital-strategy.ec.europa.eu/en/policies/112)

Accessed 3 November 2026

09 Besides 112: 15 for a medical emergency (Samu), 17 for the police, 18 for danger or an accident (fire service).

◆

Numéros d'urgence (https://www.service-public.fr/particuliers/vosdroits/F33954)

Accessed 3 November 2026

10 See 988 below for crisis support.

◆

11 Until you find one, go to someone physically near you.

◆

12 Crisis lines are for the hard hours, including the ones after a send you regret.

◆

13 Call, text or chat with a 988 Lifeline counsellor on 988.

◆

988 Lifeline - If you need emotional support, reach out to the national mental health hotline: 988. (https://988lifeline.org/)

Archive (https://web.archive.org/web/20261031193206/https://988lifeline.org/)

Accessed 3 November 2026

14 The page says it is available at all hours and that conversations are free and confidential.

◆

988 Lifeline - If you need emotional support, reach out to the national mental health hotline: 988. (https://988lifeline.org/)

Archive (https://web.archive.org/web/20261031193206/https://988lifeline.org/)

Accessed 3 November 2026

15 Samaritans: call 116 123 at any hour, from any phone, for free.

- **Contact Us | Samaritans** (https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Archive (https://web.archive.org/web/20261020173712/https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Accessed 3 November 2026

16 The page says Samaritans maintains confidentiality.

- **Contact Us | Samaritans** (https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Archive (https://web.archive.org/web/20261020173712/https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Accessed 3 November 2026

17 Samaritans Ireland: call 116 123, free, day or night, every day of the year.

- **Samaritans Ireland** (https://www.samaritans.org/ireland/samaritans-ireland/)

Archive (https://web.archive.org/web/20230530235942/https://www.samaritans.org/ireland/samaritans-ireland/)

Accessed 3 November 2026

18 9-8-8: call or text 9-8-8 at any hour of the year.

- **Get Help, 9-8-8: Suicide Crisis Helpline, 988 | 9-8-8: Suicide Crisis Helpline** (https://988.ca/)

Archive (https://web.archive.org/web/20261016084102/https://988.ca/)

Accessed 3 November 2026

19 Lifeline: call 13 11 14, or text 0477 13 11 14.

- **Crisis support | Lifeline** (https://www.lifeline.org.au/crisis-support/)

Accessed 3 November 2026

20 The page says the service is free, confidential and open at all hours to anyone in Australia.

- **Crisis support | Lifeline** (https://www.lifeline.org.au/crisis-support/)

Accessed 3 November 2026

21 Die Dargebotene Hand: call 143, staffed round the clock all year.

- **Kontaktmöglichkeiten ¦ 143.ch Dargebotene Hand** (https://www.143.ch/hilfesuchende/hilfesuchende-kontakt)

Archive (https://web.archive.org/web/20261024140548/https://www.143.ch/hilfesuchende/hilfesuchende-kontakt/)

Accessed 3 November 2026

22 The page says the service is free, though the phone provider may charge connection fees.

- **Kontaktmöglichkeiten ¦ 143.ch Dargebotene Hand** (https://www.143.ch/hilfesuchende/hilfesuchende-kontakt)

Archive (https://web.archive.org/web/20261024140548/https://www.143.ch/hilfesuchende/hilfesuchende-kontakt/)

Accessed 3 November 2026

23 Support in English: call 0800 143 000.

- **Kontaktmöglichkeiten ¦ 143.ch Dargebotene Hand** (https://www.143.ch/hilfesuchende/hilfesuchende-kontakt)

Archive (https://web.archive.org/web/20261024140548/https://www.143.ch/hilfesuchende/hilfesuchende-kontakt/)

Accessed 3 November 2026

24 I haven't found a gambling or debt service that names findom, and I'm not claiming any of them handles it. Calling them about spending you can't stop is still a fair thing to do.

-

25 Services for gambling harm and for debt can help with spending that feels out of control.

◆

26 A peer-reviewed review defines compulsive buying disorder by excessive shopping thoughts and buying behaviour that cause distress or impairment.

◆

A review of compulsive buying disorder (https://pmc.ncbi.nlm.nih.gov/articles/PMC1805733/)

Archive (https://web.archive.org/web/20261008101537/https://pmc.ncbi.nlm.nih.gov/articles/PMC1805733)

Accessed 3 November 2026

27 It isn't a diagnosis.

◆

28 The National Problem Gambling Helpline is now shown by its operator as 1-800-MY-RESET, and the same page gives 1-800-522-4700 and 1-800-697-3738 as its numbers.

◆

About the National Problem Gambling Helpline - National Council on Problem Gambling (https://ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Archive (https://web.archive.org/web/20231213173731/https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Accessed 3 November 2026

29 It offers call, text and chat services at any hour, every day, and no payment or insurance information is required to receive resources.

◆

About the National Problem Gambling Helpline - National Council on Problem Gambling (https://ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Archive (https://web.archive.org/web/20231213173731/https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Accessed 3 November 2026

30 The operator states that contacting it is confidential.

- **About the National Problem Gambling Helpline - National Council on Problem Gambling** (https://ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Archive (https://web.archive.org/web/20231213173731/https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Accessed 3 November 2026

31 Older directories may list 1-800-GAMBLER, which is outdated.

- **Preparing for the Future of the National Problem Gambling Helpline: Stakeholder FAQ - National Council on Problem Gambling** (https://www.ncpgambling.org/helpline-stakeholder-faq)

Archive (https://web.archive.org/web/20251127102058/https://www.ncpgambling.org/helpline-stakeholder-faq/)

Accessed 3 November 2026

32 For the period after the change, the operator named 1-800-522-4700 as the helpline number.

- **Preparing for the Future of the National Problem Gambling Helpline: Stakeholder FAQ - National Council on Problem Gambling** (https://www.ncpgambling.org/helpline-stakeholder-faq)

Archive (https://web.archive.org/web/20251127102058/https://www.ncpgambling.org/helpline-stakeholder-faq/)

Accessed 3 November 2026

33 GamCare, National Gambling Helpline: speak with an adviser on 0808 8020 133, with live chat and WhatsApp also offered.

- **Chat to us now - GamCare** (https://gamcare.org.uk/talk-to-us/)

Archive (https://web.archive.org/web/20230129141433/https://www.gamcare.org.uk/talk-to-us/)

Accessed 3 November 2026

34 The page says the line is open every hour of every day and can be called for free.

- **Chat to us now - GamCare** (https://gamcare.org.uk/talk-to-us/)

Archive (https://web.archive.org/web/20230129141433/https://www.gamcare.org.uk/talk-to-us/)

Accessed 3 November 2026

35 The Irish National Helpline for problem gambling is 1800 936 725, and the site says its lines are open all day, every day of the year.

- **GamblingCare.ie - Get help for Problem Gambling in Ireland** (https://www.gamblingcare.ie/)

Archive (https://web.archive.org/web/20261025024342/https://gamblingcare.ie/)

Accessed 3 November 2026

36 Ireland's gambling regulator lists the same number as a 24 hour service.

- **Get Help | GRAI** (https://www.grai.ie/gambling-safety/get-support/get-help)

Archive (https://web.archive.org/web/20261007145514/https://www.grai.ie/gambling-safety/get-support/get-help)

Accessed 3 November 2026

37 For Ontario, ConnexOntario offers free information and referral on mental health, addiction and problem gambling at any hour.

- **ConnexOntario | Mental Health & Addiction Treatment Services** (https://www.connexontario.ca/)

Archive (https://web.archive.org/web/20261016093644/https://connexontario.ca/)

Accessed 3 November 2026

38 Its page lists 1-866-531-2600, a text line (text CONNEX to 247247) and live chat.

◆

ConnexOntario | Mental Health & Addiction Treatment Services (https://www.connexontario.ca/)

Archive (https://web.archive.org/web/20261016093644/https://connexontario.ca/)

Accessed 3 November 2026

39 The Queensland Government lists a Gambling Helpline on 1800 858 858 for free and confidential counselling and crisis support, available 24 hours, 7 days a week.

◆

Counselling, support and advice for gambling harm - qld.gov.au (https://www.qld.gov.au/community/getting-support-health-social-issue/gambling-problem-support/gambling-problem-counselling)

Archive (https://web.archive.org/web/20210806002122/https://www.qld.gov.au/community/getting-support-health-social-issue/gambling-problem-support/gambling-problem-counselling)

Accessed 3 November 2026

40 The federal public-health institute runs a gambling-addiction phone line on 0800 1 37 27 00, free and anonymous.

◆

Telefonische Beratung Glücksspielsucht (https://www.check-dein-spiel.de/hilfe-fuer-spieler/telefon-beratung/)

Archive (https://web.archive.org/web/20261012035135/https://www.check-dein-spiel.de/hilfe-fuer-spieler/telefon-beratung/)

Accessed 3 November 2026

41 Hours are Monday to Thursday 10 to 22 and Friday to Sunday 10 to 18, and it is open 363 days a year.

◆

Telefonische Beratung Glücksspielsucht (https://www.check-dein-spiel.de/hilfe-fuer-spieler/telefon-beratung/)

Archive (https://web.archive.org/web/20261012035135/https://www.check-dein-spiel.de/hilfe-fuer-spieler/telefon-beratung/)

Accessed 3 November 2026

42 Joueurs Info Service gives 09 74 75 13 13 as its phone number, an anonymous and free call.

- **Site en Maintenance** (https://www.joueurs-info-service.fr/)

Archive (https://web.archive.org/web/20261012194230/https://www.joueurs-info-service.fr/)

Accessed 3 November 2026

43 On the day read, it stated phone hours of every day from 8h to 23h, and a chat open daily from 12h to 19h.

- **Site en Maintenance** (https://www.joueurs-info-service.fr/)

Archive (https://web.archive.org/web/20261012194230/https://www.joueurs-info-service.fr/)

Accessed 3 November 2026

44 SOS Spielsucht lists a gambling helpline on 0800 040 080.

- **Counselling services - Gambling without addiction** (https://www.sos-spielsucht.ch/en/gambling-problems-what-can-i-do/counselling/)

Archive (https://web.archive.org/web/20251001094616/https://www.sos-spielsucht.ch/en/gambling-problems-what-can-i-do/counselling/)

Accessed 3 November 2026

45 The phone counselling is described as round the clock, free of cost and anonymous.

- **Counselling services - Gambling without addiction** (https://www.sos-spielsucht.ch/en/gambling-problems-what-can-i-do/counselling/)

Archive (https://web.archive.org/web/20251001094616/https://www.sos-spielsucht.ch/en/gambling-problems-what-can-i-do/counselling/)

Accessed 3 November 2026

46 National Debtline offers a free, confidential debt helpline on 0808 808 4000.

◆

Free Debt Advice Line - Speak to an Expert Adviser Today | National Debtline (https://nationaldebtline.org/get-help/call/)

Archive (https://web.archive.org/web/20261002003621/https://nationaldebtline.org/get-help/call/)

Accessed 3 November 2026

47 Hours are Monday to Friday 9am to 8pm and Saturday 9:30am to 1pm, closed on Sunday, and it serves residents of England, Wales and Scotland.

◆

Free Debt Advice Line - Speak to an Expert Adviser Today | National Debtline (https://nationaldebtline.org/get-help/call/)

Archive (https://web.archive.org/web/20261002003621/https://nationaldebtline.org/get-help/call/)

Accessed 3 November 2026

48 StepChange lists a debt helpline on 0800 138 1111, weekdays 8am to 8pm and Saturday 9am to 2pm.

◆

Free Debt Helpline & Online Advice. Contact StepChange (https://www.stepchange.org/contact)

Accessed 3 November 2026

49 Its online debt advice is free and open at all hours, and the service is accredited by MoneyHelper.

◆

Free Debt Helpline & Online Advice. Contact StepChange (https://www.stepchange.org/contact)

Accessed 3 November 2026

50 Don’t go to your creditor, and never to the dom.

◆

51 These signs come from watching how pressure works in the scene.

◆

52 Nobody who helps needs your password, and a real dom never needs it either.

◆

53 A fellowship is a group of people with the same problem who meet to support each other.

◆

54 The only requirement for membership is a desire to stop incurring unsecured debt, and there are no dues or fees.

◆

FAQ: Frequently Asked Questions - Debtors Anonymous (https://debtorsanonymous.org/getting-started/faq-frequently-asked-questions/)

Archive (https://web.archive.org/web/20261007235534/https://debtorsanonymous.org/getting-started/faq-frequently-asked-questions/)

Accessed 3 November 2026

55 A peer-reviewed review describes it as a voluntary, lay-run mutual support group.

◆

A review of compulsive buying disorder (https://pmc.ncbi.nlm.nih.gov/articles/PMC1805733/)

Archive (https://web.archive.org/web/20261008101537/https://pmc.ncbi.nlm.nih.gov/articles/PMC1805733)

Accessed 3 November 2026

56 The only requirement is a desire to stop gambling, there are no dues or fees, and meetings can be in person, virtual or by telephone.

◆

About Gamblers Anonymous - Gamblers Anonymous (https://gamblersanonymous.org/about-gamblers-anonymous/)

Archive (https://web.archive.org/web/20261024140437/https://gamblersanonymous.org/about-gamblers-anonymous/)

Accessed 3 November 2026

57 The branch for England, Wales and Ulster lists the contact number 0330 094 0322 in its footer.

◆

Gamblers Anonymous (GA) - England, Wales and Ulster. (https://gamblersanonymous.org.uk/)

Archive (https://web.archive.org/web/20261025022031/https://gamblersanonymous.org.uk/)

Accessed 3 November 2026

58 Lay-run means the members run it, not professionals.

◆

59 Neither fellowship is about findom, and neither can promise a result.

◆

60 If you don't gamble and don't owe money, neither group may fit you, and a doctor or a counsellor is a third option.

◆

61 This wiki didn't check meeting lists by country, so look for them on the fellowship's own site.

◆

62 Some services keep records: GamCare says call recordings and chat transcripts are saved for 28 days for quality assurance.

◆ **Chat to us now - GamCare** (https://gamcare.org.uk/talk-to-us/)

Archive (https://web.archive.org/web/20230129141433/https://www.gamcare.org.uk/talk-to-us/)

Accessed 3 November 2026

63 At the start of any call, ask what they keep.

◆

64 None of the pages promises a particular tone or result, so this wiki doesn't either.

◆

65 The first sentence is the hardest part. Write it down before you dial.

◆

66 Spending that keeps happening when you don't want it to is a fair reason to call a gambling or debt line, and you can describe the problem in plain words.

◆

67 Several pages say the call is confidential.

◆

988 Lifeline - If you need emotional support, reach out to the national mental health hotline: 988. (https://988lifeline.org/)

Archive (https://web.archive.org/web/20261031193206/https://988lifeline.org/)

Accessed 3 November 2026

About the National Problem Gambling Helpline - National Council on Problem Gambling (https://ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Archive (https://web.archive.org/web/20231213173731/https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/)

Accessed 3 November 2026

Contact Us | Samaritans (https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Archive (https://web.archive.org/web/20261020173712/https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Accessed 3 November 2026

68 Check the page of the line you plan to call for its exact words.

◆

69 The two UK debt pages say their help is free.

◆

Free Debt Advice Line - Speak to an Expert Adviser Today | National Debtline (https://nationaldebtline.org/get-help/call/)

Archive (https://web.archive.org/web/20261002003621/https://nationaldebtline.org/get-help/call/)

Accessed 3 November 2026

Free Debt Helpline & Online Advice. Contact StepChange (https://www.stepchange.org/contact)

Accessed 3 November 2026

70 Any offer that asks for money first is selling you something, and that isn't help.

◆

71 A dom who's paid by a sub can't be his safety net.

◆

72 She earns from his spending, so her advice about his spending is never neutral.

◆

73 A persona is a role and a tool is a script, so neither can help him independently.

◆

74 If the person who gets paid as long as you don't quit offers to help you quit, that's a conflict of interest, even when she means it kindly.

◆

75 Stops the money part that evening.

◆

76 Asks for one more send to feel better.

◆

77 Drops the persona at any talk of self-harm.

◆

78 Stays in role, or uses his distress, or her own, as leverage.

◆

79 Points to emergency services, a crisis line and someone near him.

◆

80 Offers to be his only helper, to taper his spending or to manage his debt.

◆

81 Sets limits on how long and how deep she talks.

◆

82 Goes silent on someone who has written a goodbye.

◆

83 Some advice says to reply less to a sub who's in trouble, so he doesn't get attached to me and I don't get weighed down. Limiting how long and how deep I talk is fair. Going silent on someone who has written a goodbye isn't. If a dom is overloaded, the answer is to hand the person over to people who can help, and to ask for nothing in the meantime.

◆

Free, confidential helplines exist in most countries.

Find a helpline →