

# OVERVIEW OF LOCAL GAMBLING SUPPORT SERVICES



## Accessing Lincolnshire Gambling Support Services and What to Expect

### Available Services

### Self-Referral Process

### Professional Referral Process

#### GamCare East Midlands

- Visit [www.gamcare.org.uk](http://www.gamcare.org.uk) and click on the 'looking for support?' tab at the top, select local treatment.
- Type in your postcode or area and the website will provide you with your local GamCare provider.
- You can then self-refer to the Lincoln provider via Phone: 01522 274880 or by emailing [east.midlands@gamcare.org.uk](mailto:east.midlands@gamcare.org.uk).
- Someone from the team will then contact you to arrange a free treatment service that suits you.

- Professionals can direct their service users to the GamCare website and encourage them to self-refer to the East Midlands Service or by providing them with the National Gambling Helpline number on 08088 02033.

#### Gamblers Anonymous

- Visit [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)
- Click on the 'meetings' tab at the top to find your local GA meeting.
- Within the Lincolnshire Region there is one group as follows:  
Croft Street Community Centre  
Baggholme Road, Lincoln, LN2 5AX  
(Wednesday 19:00 – 21:00)
- Phone: 07771 427 429

- Professionals can direct their service users to the Gamblers Anonymous Website to find their local GA meeting support group and encourage them to attend.

You do not need to book or arrange anything. You just simply turn up, where we offer friendly support in a safe and welcoming environment, with others to help you to overcome the worries, challenges, or difficulties you are experiencing. Guide you with the GA program which is free.



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### Your GP

- Upon discussing with your GP, it is best to be honest about the extent of your gambling addiction and behaviours.
- Your GP will be understanding and supportive.