



## INFORMATION TO SUPPORT A 'GAMBLERS' ON GOING RECOVERY

### OVERVIEW OF NATIONAL GAMBLING SUPPORT SERVICES

#### **NHS Northern Gambling Clinic**

This service provides specialist addiction therapy and recovery to those individuals deemed to suffer from a gambling addiction. It is a self-referral process via their website, and GPs can also directly refer individuals by using the form found on the website.

#### **NHS National Problem Gambling Clinic - CNWL**

This service treats problem gamblers living in England and Wales, aged 16 and over. It is jointly Commissioned by GambleAware and the NHS. The system includes other providers such as the NHS Northern Gambling Clinic, GamCare and The Gordon Moody Association. It is a self-referral process using the email address provided on the website.

#### **BreakEven**

Breakeven Counselling is a GamCare partner who offer free counselling for people experiencing gambling-related issues with no waiting list. This can be done face to face, or via remote counselling using the telephone or video calling. It is a self-referral process by filling out the form located on their website, by phone or email.

#### **Citizens Advice**

Citizens Advice have a dedicated self-help page offering free, confidential information and advice to assist those who have encountered difficulties due to a gambling addiction.

#### **Gamblers Anonymous**

GA is a fellowship of men and women who share their experience, strength and hope with each other, that they may overcome their common addiction and help others do the same. There are a total of 191 meetings across the UK, contact can be made using their website to find local meetings.

#### **GamCare**

GamCare is an independent charity and a leading provider of information, advice and support across Great Britain. They also provide the National Gambling Helpline on 08088020133, this is a private and confidential service which is free and can be accessed 24/7.

By creating an account with GamCare, they are able to offer a GameChange online treatment course to help individuals concerned about their gambling behaviours.

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### **The Gordon Moody Association**

Gordon Moody is a rehabilitation charity that provides advice, education and therapy through residential, online and outreach services. It is a self-referral process via their website.

### **The Beacon Counselling Trust**

This service works in partnership with GamCare to offer free and confidential therapy to those experiencing gambling related harm. Referrals can be made by GamCare or self-referral via their website.

### **Anonymind**

AnonyMind are a team of psychologists and founders that are extremely passionate about delivering the very best in mental health treatment. They provide completely free treatment to individuals struggling with a gambling addiction via 1:1, confidential, online video call sessions.

### **Gambling Therapy**

Gambling Therapy is a free, global online service offering practical advice and emotional support to anyone affected by problem gambling. The Gambling Therapy website and mobile app provide information and advice to anyone affected by problem gambling – as well as providing access to a number of interactive services. Gambling Therapy run a number of services such as the live support helpline which allows visitors to speak to an advisor by text in any language. Regular text-based groups and a peer support forum also provide a platform for support and discussion 24/7.

### **GP Services**

GPs can refer anyone who is suffering from a gambling addiction to the NHS Gambling Clinics as well as other providers such as GamCare and GA. GPs may also offer assistance from other local and national support services, such as that of counselling, cognitive behavioural therapy and talking charities like Mind and The Samaritans. There are NICE guidelines and pathways that are currently being developed and are due to be published on 7.2.2024.