



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

### ACCESSING LOCAL GAMBLING SUPPORT SERVICES AND WHAT TO EXPECT

| Available Services                                 | Self-Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Professional Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>NHS Northern Gambling Clinic</b></p>         | <ul style="list-style-type: none"> <li>• Visit <a href="https://www.leedsandyorkpft.nhs.uk/our-services/northern-gambling-service/">https://www.leedsandyorkpft.nhs.uk/our-services/northern-gambling-service/</a></li> <li>• Go to the 'referrals and contacting us' tab along the top and either contact them on 0300 3001490 or fill out the short referral form and email to <a href="mailto:referral.ngs@nhs.net">referral.ngs@nhs.net</a>.</li> <li>• Someone will be in touch within 1-3 working days to provide you with a more detailed referral form to enable you to access the service. Once you complete and return this to them, they will contact you to book you in for an assessment at a convenient time.</li> <li>• They use this information and work with you to come up with a personalised care plan and then move you into their free active therapy programme.</li> </ul> | <ul style="list-style-type: none"> <li>• Visit <a href="https://www.leedsandyorkpft.nhs.uk/our-services/northern-gambling-service/">https://www.leedsandyorkpft.nhs.uk/our-services/northern-gambling-service/</a></li> <li>• Go to the 'referrals and contacting us' tab along the top and scroll down to the bottom where you will find a referral form for health and care professionals.</li> <li>• This must be completed using a secure email address.</li> <li>• The clinic will then get in touch with the patient and you as the professional referrer in due course.</li> </ul> |
| <p><b>NHS National Problem Gambling Clinic</b></p> | <ul style="list-style-type: none"> <li>• Visit <a href="https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic">https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic</a></li> <li>• Click on the 'how to refer' tab located near the bottom and either contact them on 020 7381 7722 leaving a contact number or email <a href="mailto:gambling.cnwl@nhs.net">gambling.cnwl@nhs.net</a> with a contact number.</li> </ul>                                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• Visit <a href="https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic">https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic</a></li> </ul>                                                                                                                                                                                                                                                                 |

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

### ACCESSING LOCAL GAMBLING SUPPORT SERVICES AND WHAT TO EXPECT

| Available Services                                         | Self-Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Professional Referral Process                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>NHS National Problem Gambling Clinic</b><br>(Continued) | <ul style="list-style-type: none"> <li>Someone will be in touch within 24-72 hours where they will make an estimation of the best service to suit your needs, this may be with us or with other providers.</li> <li>If you meet the criteria, they will provide you with a referral form to enable you to access the free service. On receipt of that form, they will contact you to book you in for an assessment to create a personalised program.</li> </ul>                                                          | <ul style="list-style-type: none"> <li>Click on the 'how to refer' tab located near the bottom and either contact them by email at <a href="mailto:gambling.cnwl@nhs.net">gambling.cnwl@nhs.net</a> from a secure email address with a brief description of the issue and a contact number for the individual.</li> <li>The clinic will then get in touch with the patient and you as the professional referrer in due course.</li> </ul> |
| <b>Citizens Advice</b>                                     | <ul style="list-style-type: none"> <li>Visit <a href="https://www.citizensadvice.org.uk/debt-and-money/get-help-with-gambling-problems/">https://www.citizensadvice.org.uk/debt-and-money/get-help-with-gambling-problems/</a></li> <li>Here you will find free self-help services on paying bills, referrals, debt management, rent payment and much more.</li> </ul>                                                                                                                                                   | <ul style="list-style-type: none"> <li>Professionals can direct their service users to the Citizens Advice Gambling Addiction web page for advice, help and guidance.</li> </ul>                                                                                                                                                                                                                                                          |
| <b>Gamblers Anonymous</b>                                  | <ul style="list-style-type: none"> <li>Visit <a href="http://www.gamblersanonymous.org.uk">www.gamblersanonymous.org.uk</a></li> <li>Click on the 'meetings' tab at the top to find your local GA meeting.</li> <li>Most meetings have resumed in person meetings, you do not need to book or arrange anything. You just simply turn up where you will be supported by others going through the same process, have understanding and will be able to guide and support you with the GA program which is free.</li> </ul> | <ul style="list-style-type: none"> <li>Professionals can direct their service users to the Gamblers Anonymous Website to find their local GA meeting support group and encourage them to attend.</li> </ul>                                                                                                                                                                                                                               |

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

### ACCESSING LOCAL GAMBLING SUPPORT SERVICES AND WHAT TO EXPECT

| Available Services                         | Self-Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Professional Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>GamCare</b></p>                      | <ul style="list-style-type: none"> <li>• Upon calling the National Gambling Help line on 08088020133 you will be greeted by a trained member of staff who can help by taking a brief history and by completing referrals for support and assistance with your gambling addiction.</li> <li>• You can visit <a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a> and use the online chat helpline where you will be connected with a trained advisor who will assist you by completing referrals.</li> <li>• Treatment varies from region to region, counselling and therapy will be offered, as well as the GameChange program, which is all free.</li> </ul> | <ul style="list-style-type: none"> <li>• Professionals can direct their service users to the GamCare website and encourage them to self-refer or by providing them with the National Gambling Helpline number on 08088020133.</li> </ul>                                                                                                                                                                                                                                                   |
| <p><b>The Gordon Moody Association</b></p> | <ul style="list-style-type: none"> <li>• To attend one of their residential or retreat and counselling programmes, visit <a href="https://gordonmoody.org.uk/how-to-apply/">https://gordonmoody.org.uk/how-to-apply/</a></li> <li>• You can apply online using their self-referral form.</li> <li>• You can apply by post by downloading the form, printing and sending it to:<br/>47 Maughan Street, Dudley<br/>West Midlands, DY1 2BA</li> <li>• You can apply via email by downloading and completing the form and sending it to <a href="mailto:help@gordonmoody.org.uk">help@gordonmoody.org.uk</a></li> </ul>                                                 | <ul style="list-style-type: none"> <li>• Visit <a href="https://gordonmoody.org.uk/how-to-apply/">https://gordonmoody.org.uk/how-to-apply/</a> and scroll down to the bottom where you will find 'professional referral'.</li> <li>• You can refer anyone using the online professional-referral form.</li> <li>• Or you can refer by directly emailing them from a secure email address and sending it to <a href="mailto:help@gordonmoody.org.uk">help@gordonmoody.org.uk</a></li> </ul> |

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

### ACCESSING LOCAL GAMBLING SUPPORT SERVICES AND WHAT TO EXPECT

| Available Services                         | Self-Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Professional Referral Process                                                                                                                                                                                            |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The Beacon Counselling Trust</b></p> | <ul style="list-style-type: none"> <li>• Visit <a href="https://beaconcounsellingtrust.co.uk/problematic-gambling/">https://beaconcounsellingtrust.co.uk/problematic-gambling/</a></li> <li>• Scroll down to the bottom of the page where you can fill out the self-referral form.</li> <li>• You can ring them on 01512260696.</li> <li>• Or you can email them directly on <a href="mailto:gamcare@beaconcounsellingtrust.co.uk">gamcare@beaconcounsellingtrust.co.uk</a></li> <li>• Upon receiving the referral, they will aim to get back to you by the next working day where they can arrange free counselling support.</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>• Professionals can direct their service users to The Beacon Counselling Trust website and encourage them to use the self-referral process.</li> </ul>                            |
| <p><b>Gambling Therapy</b></p>             | <ul style="list-style-type: none"> <li>• To access free support, visit <a href="https://www.gamblingtherapy.org/information/where-can-i-get-help/">https://www.gamblingtherapy.org/information/where-can-i-get-help/</a></li> <li>• Here you can obtain live support by contacting them using the live support chat.</li> <li>• By creating an account with them, you can access online support groups, peer support forums and email support on <a href="mailto:support@gamblingtherapy.org">support@gamblingtherapy.org</a></li> <li>• The online forums and groups run on various different days and times, so you can find one suitable.</li> <li>• Emails are responded to within 24-48 hours.</li> </ul> | <ul style="list-style-type: none"> <li>• Professionals can direct their service users to the Gambling Therapy website and encourage them to create an account and engage with the support services they offer</li> </ul> |

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

### ACCESSING LOCAL GAMBLING SUPPORT SERVICES AND WHAT TO EXPECT

| Available Services      | Self-Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Professional Referral Process                                                                                                                                                                                                                 |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>BreakEven</b></p> | <ul style="list-style-type: none"> <li>• Visit <a href="http://www.breakeven.org.uk">www.breakeven.org.uk</a> and go to the 'contact us' tab at the top and select 'book an appointment'.</li> <li>• Fill out the contact referral form and the appropriate tick box of 'problem gambler' and press send.</li> <li>• Alternatively, you can ring them on 01273833722 or email at <a href="mailto:info@breakeven.org.uk">info@breakeven.org.uk</a>.</li> <li>• There is also an online chat system available upon visiting the website.</li> <li>• There is no waiting list, so a member of the team will be in touch shortly after receiving the referral to arrange an appointment.</li> <li>• They offer a number of free counselling methods such as Cognitive Behavioural Therapy, Person Centered Therapy and Motivational Interviewing.</li> </ul> | <ul style="list-style-type: none"> <li>• Professionals can direct their service users to the BreakEven website and encourage them to make contact and engage with the support services they offer.</li> </ul>                                 |
| <p><b>Anonymind</b></p> | <ul style="list-style-type: none"> <li>• Visit <a href="http://www.anonymind.com">www.anonymind.com</a>, click on the 'get help' tab at the top, then select 'gambling treatment'.</li> <li>• Scroll down to the 'start your registration' button, select and complete the form from there.</li> <li>• Anonymind will then contact you to create a free treatment package to suit you.</li> <li>• This is through 1:1 online counselling with a therapist/counsellor and psychologist.</li> <li>• You will have complete access to their self-help resources along-side their treatment,</li> </ul>                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>• Professionals can direct their service users to the Anonymind website and encourage them to complete the self-referral registration form and engage with the support services they offer.</li> </ul> |

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

### ACCESSING LOCAL GAMBLING SUPPORT SERVICES AND WHAT TO EXPECT

| Available Services | Self-Referral Process                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Professional Referral Process                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>GP</b></p>   | <ul style="list-style-type: none"> <li>• Upon visiting your GP it is best to be honest about the extent of your gambling addiction and behaviours.</li> <li>• Your GP will be understanding and supportive.</li> <li>• Your GP will be able to make referrals to local talking therapies and counselling services as well as some available gambling addiction services both nationally and locally.</li> <li>• You may be prescribed medications if you are suffering from associated struggles such as depression or anxiety.</li> </ul> | <ul style="list-style-type: none"> <li>• There are Gambling Addiction NICE Guidelines and Pathways that are currently being developed and are due to be published on 7.2.2024.</li> <li>• Referrals to local talking therapies and counselling services are always helpful.</li> <li>• Referrals to the above services are always advised as they are specialists in gambling addiction and recovery.</li> </ul> |