



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

### USEFUL GAMBLING RECOVERY TOOLS

#### GAMBLING BLOCKING SOFTWARE

##### **Gamban**

Gamban is a specialist gambling blocking software that is downloaded via their website on to all compatible devices. It blocks access to thousands of gambling websites across all browsers, with quick and easy installation. It costs a small monthly fee of £2.49 or can be accessed for free via GamCare. Visit [www.gamban.com](http://www.gamban.com), compatible with Apple and Android.

##### **GamBlock**

GamBlock is a specialist gambling blocking software that blocks access to online gambling, helps problem gamblers avoid the dangers of unrestricted gambling and prevents underage gambling. It uses sophisticated analyses that block new gambling sites and software, unlike other programs that require constant updating of website lists, thus eliminating a potentially vulnerable time for users. Visit [www.gamblock.com](http://www.gamblock.com), compatible with Apple, Android and Windows.

##### **BetBlocker**

BetBlocker is a free tool to help you control your gambling. Install it on as many devices as you like and you can block yourself from accessing over 15504 gambling websites. You can select how long you want to be blocked for. BetBlocker also has a Parental Controls setting that allows you to switch the tool on and off via a password so that parents can stop their children accessing gambling services and other sites. Visit [www.betblocker.com](http://www.betblocker.com), compatible with Apple, Android, Windows, Linux and Fire OS.

##### **Self-Exclusion**

Self-exclusion is key to the prevention of gambling related harm by those who are suffering from a gambling addiction. There are many ways in which an individual can gain access to gambling and in turn this can make it difficult to remain in recovery. However, it is possible using the schemes identified below:

##### **Online - GAMSTOP**

GAMSTOP helps you control your online gambling. Once signed up to the service you will be prevented from using gambling websites and apps run by companies licensed in Great Britain, for a period of your choosing. GAMSTOP is a free service for users and is available to anyone resident within the United Kingdom.

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### Betting Shops/Casinos/Bingo/Arcades

- For betting shops and bookmakers – The Multi Operator Self Exclusion Scheme for Betting Shops in Great Britain allows you to self-exclude from all betting shops and bookmakers by simply calling them on 0800 294 2060.
- For ALL land-based UK Casinos – SENSE (Self Enrolment National Self Exclusion Scheme) allows you to self-exclude from casinos by downloading and completing the enrolment form from their website and emailing it back to them at [sense@bettingandgamingcouncil.com](mailto:sense@bettingandgamingcouncil.com).
- For ALL land-based Bingo premises – The Bingo Industry Self Exclusion Scheme allows you to attend, call or visit the website of the Bingo Hall(s) you wish to self-exclude from to complete the required enrolment form. You can request the information required and further assistance from the The Bingo Industry Self Exclusion Scheme website by filling out the form at the bottom of the page.
- For UK based Amusement Arcades and Adult Gaming Centre's – The Bacta Self Exclusion Services enables you to visit an establishment and talk to a trained member of staff who will commence the self-exclusion process, once this is done and if you wish to self-exclude from a wider area, you can call the Bacta Self Exclusion Services on 020 3930 9769.

### Bank Gambling Blocks/Freezes

Most Highstreet banks now offer gambling blocks and freezes which prevent deposits and transactions from being processed with gambling merchants. This useful tool can be enabled using mobile banking apps, online banking, by visiting your local branch or by contacting the bank via phone. Please check with your banking provider as to whether they offer this service. (Please see 'Dealing With Finances and Gambling Debts Section' for further information).

### Managed Challenger Bank Accounts

This type of bank account is fairly new in terms of concept (2014), they are fully regulated, app and website based only and offer many benefits to their customers. The 2 main competitors and most commonly used are Starling Bank and Monzo. This type of bank account allows gambling blocks, sets spending and withdrawal limits on everyday things and ensures bills are paid before any other spending, whilst encouraging saving and offering reassurance that money can be managed properly. They are good tools to assist with recovery and developing a healthy relationship with money, offering independence and trust. (Please see 'Dealing With Finances and Gambling Debts Section' for further information).



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### Peer Support Programs

#### Peer Aid

Betknowmore UK and GamCare have launched a peer support service called Peer Aid. Peer Aid is designed, developed and delivered by individuals with lived experience of gambling harms. This service provides 1:1 and group support to individuals harmed by gambling. Peer Aid aims to ensure that through early engagement and intervention, individuals receive the appropriate support to address their specific needs. The service is integrated with the GamCare national treatment service, with peer support offered before, during and after treatment for those affected by gambling harms across London and the South East. For further information please visit [www.betknowmore.org.uk/services/peer-aid](http://www.betknowmore.org.uk/services/peer-aid).

#### NHS Gambling Peer Support

The NHS Gambling Clinics have developed a Peer Mentor (PM) role specifically for people who have lived experience of Gambling Addiction. This peer support is delivered through formalised and practical assistance on a 1:1 and group basis to service users/affected others. This service is provided alongside treatment and creates an individual recovery process. For further information, please visit [www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic](http://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic).

#### EPIC Restart Foundation Program Support Mentors

The EPIC Restart Foundation supports individuals to rebuild a positive life after gambling harm. The foundation employs Program Support Mentors, all of whom have lived experience of gambling harm. The peer support program offers encouragement, advice and signposting to further practical support. For further information, please visit [www.epicrestartfoundation.org/](http://www.epicrestartfoundation.org/)

### Aftercare Programs

#### Gordon Moody

Gordon Moody offers a number of aftercare services such as Recovery House, which is a residential relapse prevention and aftercare program for those who have completed their treatment programs. As well as Wrap-around Support, which provides post-treatment support to maintain recovery. For further information, please visit [www.gordonmoody.org.uk](http://www.gordonmoody.org.uk)

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### **EPIC Restart Foundation**

The EPIC Restart Foundation supports individuals to rebuild a positive life after gambling harm. When an individual's treatment ends, this aftercare journey begins.

It is conducted through the use of project support mentors and activities such as outdoor experiences, digital tool kits and workshops. These activities are designed to help those in recovery make their next move in their personal journey.

The ERF offers practical support after treatment for gambling addiction - to rebuild lives, sustain ongoing recovery and ultimately, to help prevent relapse.

For further information, please visit [www.epicrestartfoundaton.org/](http://www.epicrestartfoundaton.org/)