



INFORMATION TO SUPPORT A 'GAMBLERS' ON GOING RECOVERY

OVERVIEW OF GAMBLING SUPPORT SERVICES FOR WOMEN

GAMCARE

GamCare provide a Women's Programme that is designed to gather and represent the experiences of women affected by gambling harms. This programme fundamentally aims to support women affected by gambling harms to access the support they need. They also run a dedicated Women's Chatroom every Saturday at 6:30pm – 7:30pm, which is a space for women to connect with peers, share their experiences and support one another with the help from a GamCare adviser and Women's Program representative. To access this service, call the National Gambling Helpline on 08088020133 or visit the website to speak to an advisor via the Chat system.

GORDON MOODY

Gordon Moody offers 2 specific services to women who are experiencing a gambling addiction. In Autumn 2021 they launched a brand-new Female Residential Treatment Centre which allows users to engage with those with lived experience, effectively recognising the wider issues surrounding gambling addiction in women. This residential care is in greater depth, in a safe, female focused environment. Alongside this they also provide a Female Retreat and Counselling Programme which is an intensive treatment programme that meets the needs of women who are struggling to overcome their gambling harm. This service combines two short-stay retreats with 12 weekly therapy sessions delivered either online or on the phone. To apply for either of the services offered, a self-referral form needs to be completed by visiting the website and filling out the application.

BREAKEVEN - WINGS GROUP

Breakeven have launched WINGS (Women In Need of Gambling Support) - A group for all women affected by problem gambling, who aim to work together to gain an understanding and find solutions. Free advice and counselling is delivered via online group sessions, To register for this service and attend their next meeting, a self-referral can be done by ringing or emailing them.

BETKNOWMORE - NEWBEGINNINGS GROUP

In early Spring, Betknowmore is launching an online women's group that is peer-led and open to women anywhere within the UK and Republic of Ireland. Women can self-refer into this group by completing the 'register your interest' form found on their website. NewBeginnings is designed to bring women affected by gambling harms all the benefits of peer support but in a women-only environment.