



## INFORMATION TO SUPPORT THOSE AFFECTED BY ANOTHER'S PROBLEMATIC 'GAMBLING'

### OVERVIEW OF GAMBLING SUPPORT FOR AFFECTED OTHERS

#### **GamCare**

GamCare offer a support service to friends and family members affected by a loved one's gambling addiction. Treatment and help can be accessed by directly contacting the National Gambling Helpline on 08088020133 or by using the chat system found on their website. Additionally, every Monday at 11:30am GamCare run a live forum for friends and family.

#### **GamFam**

GamFam is a registered charity set up by those who have experienced first hand the devastating effects that gambling can have on family and friends. GamFam offer support through GRA5P – The GamFam Recovery and Support Program. GRA5P is a structured 5-stage self-help peer support program, which was designed originally to support those affected by someone else's gambling.

#### **GamAnon**

Gam-Anon is a fellowship of men and women who are husbands, wives, partners, relatives or close friends of someone with a gambling problem. Meaning they have usually been directly affected by their loved one's gambling problem. GamAnon conduct weekly meetings (location dependent), both in person and via video calls to assist and support those affected.

#### **NHS Northern Gambling Service**

This NHS service provides help to people close to those with a gambling addiction, such as family, friends and carers. In order to access support a self-referral form needs to be completed by visiting their website.

#### **Gordon Moody**

Gordon Moody offers a friends and family support and advice service that has been developed for affected others. They offer a range of treatment programs, interventions linked to treatment options and support services such as online weekly meetings. These are an integral part of the service offered to families and friends, as sharing concerns with others has proven extremely helpful in eliminating isolation and embarrassment while providing understanding. In order to access support, it is a self-referral process which can be completed by visiting the website and making contact via phone or email.

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### Beacon Counselling Trust

Beacon Counselling Trust offer free, confidential and professional support for those affected by a gambling addiction, including family members, partners and friends. To access their support a self-assessment tool needs to be completed by visiting their website, upon completion someone will aim to get back in touch the next working day.

### Gambling Therapy

Gambling Therapy runs two friends and family groups each week specifically designed to support and advise the friends and family members of problem gamblers all around the globe. These groups are non-judgmental and confidential and provide a safe environment to let off steam, talk about issues that you are facing, while offering support and experience. The friends and family groups are somewhere to speak openly and honestly for an hour, knowing you will be understood.

The friends & family groups run at the following (UK) times:

Tuesday & Thursday evenings @ 19:00.

### BreakEven

BreakEven Counselling is a GamCare partner who offer free counselling for people experiencing gambling-related issues with no waiting list, including affected others. 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.

### GAMILY

GAMILY is a support group set up by the wife of a gambling addict for those affected by a loved one's gambling addiction. It is built on a foundation of lived experience with the focus of offering help, advice and guidance to those who need it, by those who have been through it. To access lived experience support, visit the website for links to the online support group and forum.