

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>GamCare</p>	<ul style="list-style-type: none"> • Visit www.gamcare.org.uk and click on the 'looking for support?' tab at the top, select local treatment. • Type in your postcode or area and the website will provide you with your local GamCare provider. • You can then self-refer to the Nottingham provider via Phone: 01522 274880 or by emailing east.midlands@gamcare.org.uk. • Someone from the team will then contact you to arrange a free treatment service that suits you. 	<p>Professionals can direct their service users to the GamCare website and encourage them to self-refer to the East Midlands service or by providing them with the National Gambling Helpline number on 08088020133.</p>
<p>Gamblers Anonymous</p>	<ul style="list-style-type: none"> • Visit www.gamblersanonymous.org.uk • Click on the 'meetings' tab at the top to find your local GA meeting. • Within the Nottinghamshire region there are 2 groups as follows: Nottingham Royal Naval Association Club, 22 Church Street, Lenton, Nottingham, NG7 1SJ • (Wednesday 19:45 - 21:45 and Sunday 19:30 - 21:30) Phone: 0330 094 0322 • 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. 	<p>Professionals can direct their service users to the Gamblers Anonymous Website to find their local GA meeting support group and encourage them to attend.</p>

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<p>GP</p>	<ul style="list-style-type: none"> • Upon visiting your GP it is best to be honest about the extent of your gambling addiction and behaviours. • Your GP will be understanding and supportive. • 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. • You may be prescribed medications if you are suffering from associated struggles such as depression or anxiety. 	<ul style="list-style-type: none"> • Within Nottingham, GPs can offer assistance and referrals to local talking and support services, such as that of Trent PTS, Let's Talk Wellbeing and Insight Healthcare. • Referrals to the above local services is always advised as well as other national services that may be relevant as they are specialists in gambling addiction and recovery. • There are Gambling Addiction NICE Guidelines and Pathways that are currently being developed and are due to be published on 7.2.2024.