

## SUPPORT FOR AFFECTED OTHERS 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 Helpline on 08088020133 you will be greeted by a trained member of staff who will be able to refer to any useful support services available such as free counselling.</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 any referrals.</li> <li>• Every Monday at 11:30am GamCare run a live forum for friends and family, to access this you will have to register for an account.</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 via the chat system or by providing them with the National Gambling Helpline number on 08088020133.</li> </ul>
<p><b>GamFam</b></p>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.gamfam.org.uk">www.gamfam.org.uk</a> and go to the 'how we can help' tab at the top, then select 'contact us'.</li> <li>• Fill out the form and submit, someone will be in contact soon and can assist in enrolling you onto their free support program - GRA5P.</li> <li>• GRA5P - The GamFam Recovery and Support Program. GRA5P is a structured 5-stage self-help peer support program, to support those affected by someone else's gambling.</li> </ul>	<ul style="list-style-type: none"> <li>• Professionals can direct their service users to the GamFam website and encourage them to self-refer via the contact us option.</li> </ul>
<p><b>GamAnon</b></p>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.gamanon.org.uk">www.gamanon.org.uk</a>, and click on the 'meetings' tab at the top.</li> <li>• Find an online Zoom meeting that best suits you, access the link provided on the page and here you can attend an affected others free meeting from your home.</li> <li>• Alternatively, you can click on the 'meeting locator' tab, enter your postcode or town to find your nearest free friends and family meeting.</li> </ul>	<ul style="list-style-type: none"> <li>• Professionals can direct their service users to the GamAnon website to find their local in-person or online support group and encourage them to attend.</li> </ul>

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<p><b>NHS Northern Gambling Service</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> <li>• Alternatively, you can encourage the service user to self-refer by visiting the website.</li> </ul>
<p><b>Gordon Moody</b></p>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.gordonmoody.org.uk">www.gordonmoody.org.uk</a>, click on the 'get help' tab and then 'friends and family'.</li> <li>• You can contact them by email at <a href="mailto:help@gordonmoody.org.uk">help@gordonmoody.org.uk</a> or by phone on 01384241292</li> <li>• Someone from the team will get in contact with you to provide a friendly, inclusive service for those who are experiencing gambling-related harm from someone close to you.</li> </ul>	<ul style="list-style-type: none"> <li>• Professionals can direct their service users to the Gordon Moody website and encourage them to make contact and engage with the support services they offer.</li> </ul>

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<p><b>The Beacon Counselling Trust</b></p>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.beaconcounsellingtrust.co.uk">www.beaconcounsellingtrust.co.uk</a>, click on the 'our services' tab and then 'problematic gambling' and then 'affected by someone else's...'</li> <li>• Scroll down and complete the self-assessment referral tool.</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 Counseling Trust website and encourage them to complete the self-assessment tool and engage with the free support services they offer.</li> </ul>
<p><b>Gambling Therapy</b></p>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.gamblingtherapy.org.uk">www.gamblingtherapy.org.uk</a>, go to the 'affected others' tab at the top and select 'live support' section.</li> <li>• From here you can speak directly to an advisor via a live chat, or email them at <a href="mailto:support@gamblingtherapy.org">support@gamblingtherapy.org</a>, where someone will contact you to offer support and advice for free,</li> <li>• Gambling Therapy runs two free online friends and family groups each week, all you have to do is register.</li> <li>• The friends &amp; family groups run at the following (UK) times: Tuesday &amp; Thursday evenings @ 19:00.</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>

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<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 'family member/ friend' 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>GAMILY</b></p>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.gamily.co.uk">www.gamily.co.uk</a> to access 100% lived experience advice and support</li> <li>• Click on the register button to access the free, private forum, where you can browse other users posts or ask questions.</li> <li>• Or you can click on the Facebook icon to be transferred to the private support chat page.</li> </ul>	<ul style="list-style-type: none"> <li>• Professionals can direct their service users to the GAMILY website and encourage them to create an account and engage with the lived experience support and advice, as well as explore the useful information.</li> </ul>