



National Gambling HelpLine and Counselling Services

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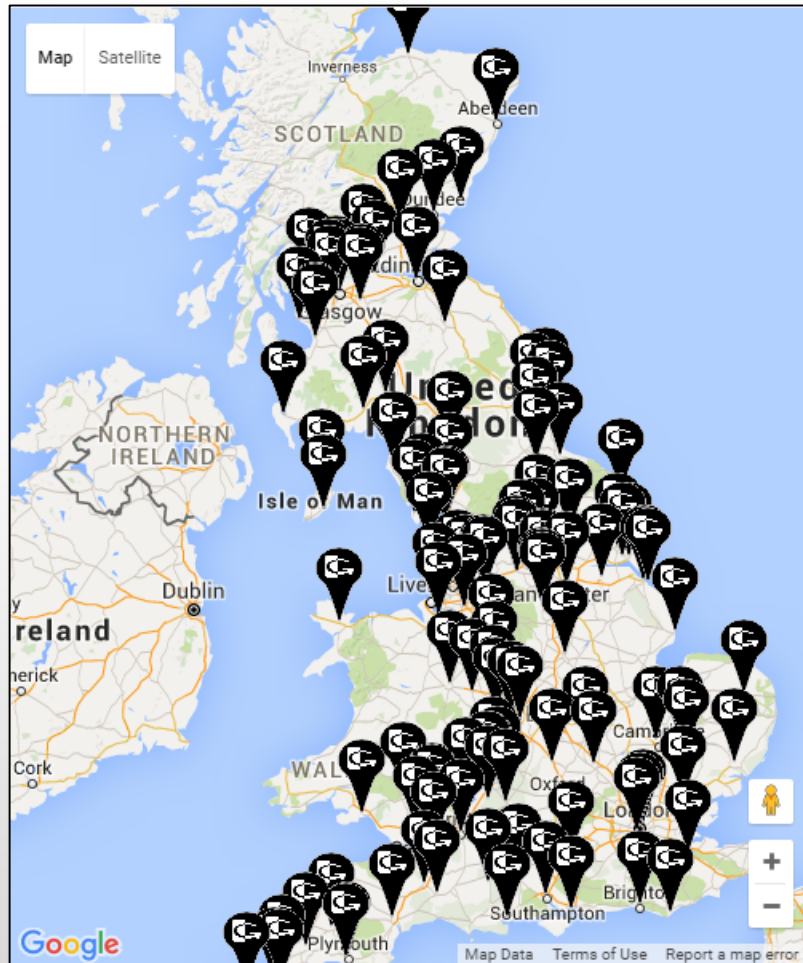
Our support services

GamCare is an independent UK charity. Through funding from GambleAware, we are the leading provider of information, advice, support and free counselling for the prevention and treatment of problem gambling.



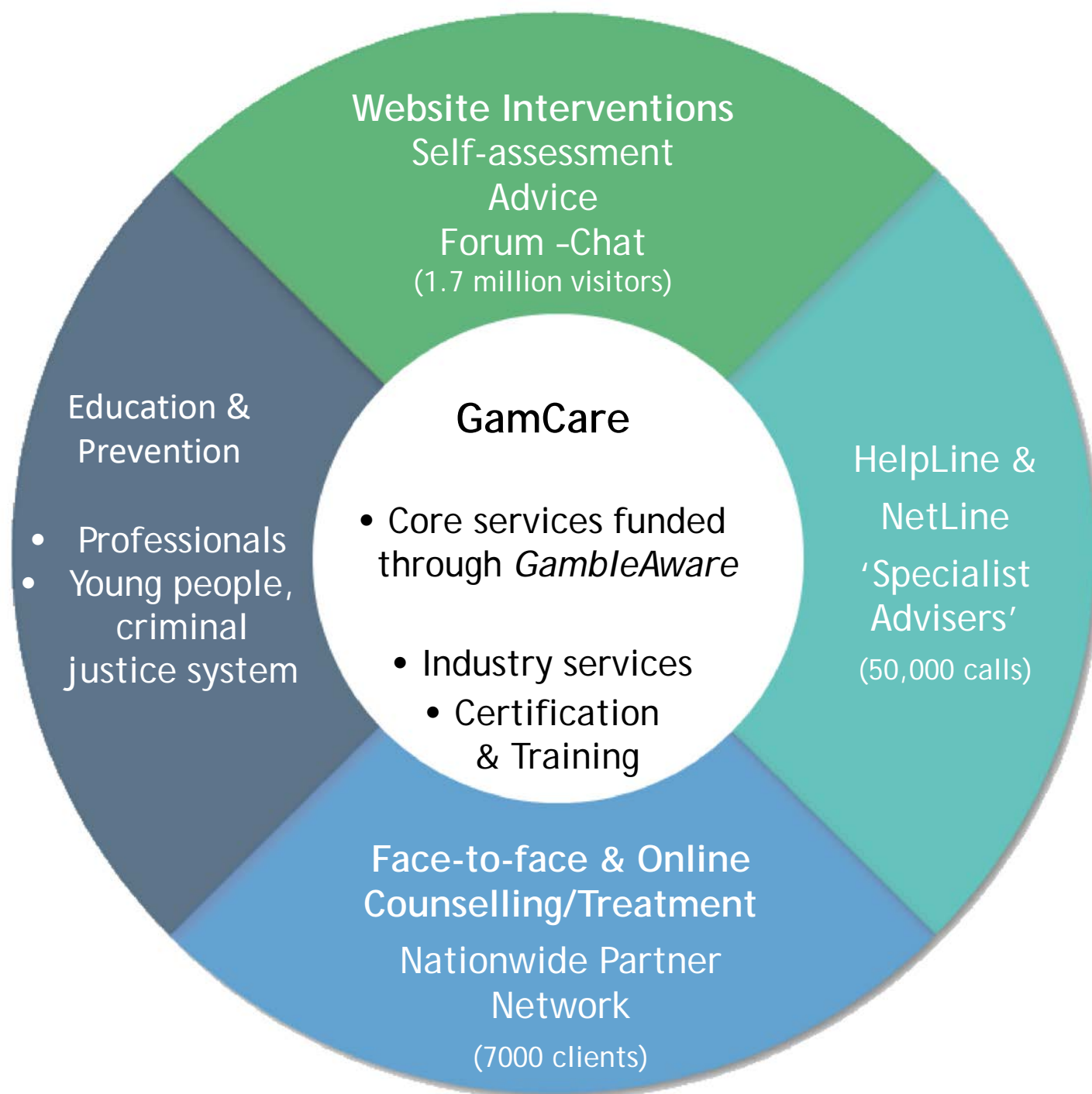
We provide both face-to-face and online support for problem gamblers and affected others, plus we facilitate a mix of modalities via our Forum, chatrooms and group therapy.

National coverage



- We fund, train, and manage 15 carefully selected partner agencies (GamCare Partners) who deliver treatment/counselling across England, Scotland and Wales
- National services linked centrally to Helpline - delivered locally, continuity of care, facilitated referrals,
- Our counselling services treat almost 7,000 clients each year

Scope of Services



GamCare and Partners Counselling/Treatment

GamCare counselling is for anyone affected by problematic gambling, including family and friends. Counselling interventions aim to help clients:



- Stop or reduce the frequency of problematic gambling
- Develop ways of coping
- Understand some of the underlying issues to enable sustained change
- Address related issues that are causing harm or damage
- Develop a productive and healthy life without problematic gambling

Treatment Care Pathway

- From initial contact to finishing treatment
- HelpLine / NetLine >> Forums >> Chatroom
- Face to face, Groups, Online, Online Groups

Treatment range:

- Brief Advice/Harm reduction
- Brief Interventions
- Cognitive Behavioural
- Motivational Interviewing
- Cycle/Stages of Change
- Psychological Approaches (Psychodynamic / Relational)



National Gambling HelpLine

Freephone 0808 8020 133 / www.gamcare.org.uk

Advisers available 8am - Midnight, seven days a week

More information:

info@gamcare.org.uk / 020 7801 7000

