

Gambling Harm Awareness online session delivered Monday 8<sup>th</sup> June 2020 by Caitlin Tempest, Citizens Advice Rhondda Cynon Taff. Caitlin is the Gambling Support Services Coordinator for South & West Wales.

Please get in touch for more details or to organise further training for your organisation: [Caitlin.tempest@carct.org.uk](mailto:Caitlin.tempest@carct.org.uk).

For clients local to Rhondda Cynon Taff they can also be provided with my email address or directed to telephone 01443 409284.

You can provide feedback for the session here: <https://forms.gle/8iBgBwmPcXbCTrRG7>

To get in touch with your local/regional Gambling Support Services Project Worker please reach out to Caitlin or email [gamblingsupport@citizensadvice.org.uk](mailto:gamblingsupport@citizensadvice.org.uk).

Each region has its own GAMCARE partner specialist treatment service. For South + West Wales this delivery partner is ARA. For treatment services in your area please reach out to [gamblingsupport@citizensadvice.org.uk](mailto:gamblingsupport@citizensadvice.org.uk) or contact the National Gambling Helpline (details below).

**Some further resources mentioned in the session include:**

Making Every Contact Count (MECC) is about helping people to improve their overall health and wellbeing and how to do that via conversation: <http://www.cardiffandvaleuhb.wales.nhs.uk/mecc>

Skin betting and gambling in gaming: <https://www.bbc.co.uk/news/technology-42311533>

Gambling and students: <https://www.nus.org.uk/en/take-action/welfare-and-student-rights/gambling--knowing-the-risks/>

# Counselling



1:1 counselling for people experiencing problems with their own gambling or that of a family member.

Trusted GamCare partner, delivers free counselling in Wales.

0330 1340286

[info@recovery4all.co.uk](mailto:info@recovery4all.co.uk)

## Self Exclusion

Betting Shops	Multi Operator Self Exclusion Scheme	<a href="https://self-exclusion.co.uk/">https://self-exclusion.co.uk/</a>
Bingo	The Bingo Industry Self-Exclusion Scheme	<a href="https://www.bingo-association.co.uk/site/bing/templates/selfexclusion.aspx?pageid=181&amp;cc=gb">https://www.bingo-association.co.uk/site/bing/templates/selfexclusion.aspx?pageid=181&amp;cc=gb</a>
Casinos	Voluntary Self Exclusion: SENSE	<a href="https://www.nationalcasinoforum.co.uk/voluntary-self-exclusion-sense/">https://www.nationalcasinoforum.co.uk/voluntary-self-exclusion-sense/</a>
Arcades	Bacta Self-Exclusion Scheme	<a href="https://bacta.org.uk/self-exclusion/">https://bacta.org.uk/self-exclusion/</a>
Online	Gamstop	<a href="https://www.gamstop.co.uk/">https://www.gamstop.co.uk/</a>
	Gamban	<a href="https://gamban.com/">https://gamban.com/</a>

Self-exclusion is a process when you can ask a gambling operator to exclude you from gambling with them for a set length of time – usually between six months and five years. In practice, it means you will be refused service in the venues where you have self-excluded. By law, this must be provided as an option by gambling operators in the UK. This is normally irreversible for the set time. You can self-exclude in-person at the venue, some offer online schemes, and also telephone schemes too.

## Counselling

**Addiction Recovery Agency - ARA** provides 1:1 counselling for people experiencing problems with their own gambling or that of a family member.

Gambling treatment, counselling in partnership with Gamcare, across **Wales**.

Tel: 03301 340286

[info@recovery4all.co.uk](mailto:info@recovery4all.co.uk)

<https://recovery4all.co.uk/services/gambling-treatment/>

Leaflet: <https://recovery4all.co.uk/wp-content/uploads/2015/11/gamcareleaflet.pdf>

## More Support

### Gordon Moody

Rehab/Residential treatment programmes in the UK for those gamblers most severely addicted. Men and Women, 18+.

<https://www.gordonmoody.org.uk/>

### Gambling Therapy App

A free app providing a collection of tools and information to help you identify and overcome problem gambling.

<https://www.gamblingtherapy.org/en/gambling-therapy-presents-gt-app>



Downloadable from Google Play and App Store. Or scan the QR code, on many phones this can be achieved by just launching the camera.

### NHS

NHS National Problem Gambling Clinic <https://www.cnwl.nhs.uk/cnwl-national-problem-gambling-clinic/>

NHS Northern Gambling Service <https://www.leedsandyorkpft.nhs.uk/our-services/northern-gambling-service/>

Both services accept national referrals by email or phone.

**Gamblers Anonymous** <https://www.gamblersanonymous.org.uk/>

This site offers various help for compulsive gamblers including a forum, a chat room, literature and a local meeting finder.

**Gam-Anon UK & Ireland** <http://gamanon.org.uk/>

Group meetings for anyone who has been affected by someone else's gambling problem.

*GamAnon and GA meetings are usually held on the same night/location but in separate rooms. What is said in each room is kept confidential.*

## Single points of help

**BeGambleAware.org** <https://www.begambleaware.org/>

This website has access to free, confidential help. It also links to all the support available to people experiencing harm, including all the links featured.

Learn about how gambling works, tests for checking if you have a gambling problem, and find tips on how to stay in control.

**National Gambling Treatment Service** <https://www.begambleaware.org/NGTS.html>

The National Gambling Treatment Service is a network of organisations working together to provide confidential treatment and support for anyone experiencing gambling-related harms, free to access across England Scotland and Wales.

**GamCare** <https://www.gamcare.org.uk/>

GamCare is the leading national provider of free information, advice and support for anyone affected by problem gambling.

Expert services are confidential and non-judgemental. Telephone Advice, free, 24 hours a day, seven days a week.

Live Chat, one to one online chat for confidential advice, information and emotional support.

Group Chat, live text chatroom - speak to others in similar situations about your experiences and find support.

GamCare Forum is an online message board available 24/7, providing a safe and secure space to explore your situation.

**National Gambling Helpline**  
**Freephone 0808 8020 133**  
**24 hours, 7 days a week**

