



## Gambling support services

If professional help is needed, you can consult with the local GP practice or with the guidance teacher at the young person's school. If you require signposting to specialised services, consider the following options:

### General information and resources on gambling harm


#### GambleAware

Information, advice and online resources relating to gambling harms. Suitable for all ages.

Website:

 [www.begambleaware.org](http://www.begambleaware.org)


List of organisations that provide help directed at managing the consequences of gambling harms:


 [www.begambleaware.org/finding-the-right-support](http://www.begambleaware.org/finding-the-right-support)

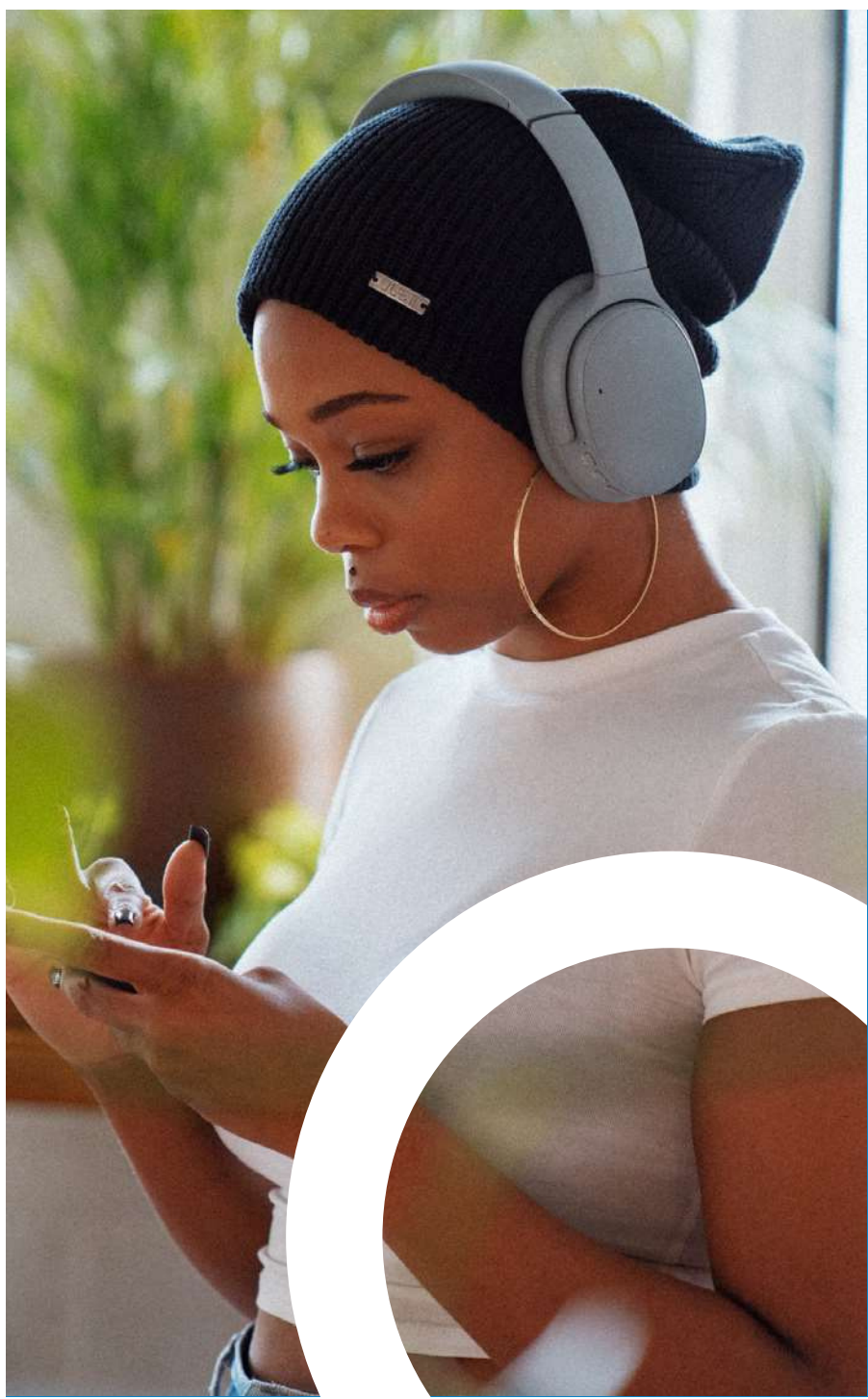
#### BigDeal

Information and support on gambling designed for young people and families, run by GamCare. Suitable for anyone under 18.

 Website: [www.bigdeal.org.uk](http://www.bigdeal.org.uk)

 Helpline: 0203 092 6964, open Monday-Thursday 9am-8pm, Friday 9am-5pm


 Livechat via website open 24 hours, 7 days a week



## Referral pathways for treatment and support


### National Gambling Treatment Service

Operated by a network of providers. This service uses a 'no wrong door' approach - no matter how people make contact, referral pathways are in place to deliver the most appropriate package of care. Designed for individuals experiencing difficulties with gambling, and for those impacted by someone else's gambling. Suitable for all ages.

 National Gambling Helpline: 0808 8020 133, open 24 hours, 7 days a week

(Telephone interpretation services are available for languages other than English)

 Website: [www.begambleaware.org/ngts](http://www.begambleaware.org/ngts)

 Live chat via website, open 24 hours, 7 days a week

### RCA Trust

Counselling service providing community-based alcohol and gambling related prevention and treatment services across Scotland. Suitable for ages 16+.

 Website: [www.rcatrust.org.uk](http://www.rcatrust.org.uk)


 Tel: 0141 887 0880

 Email: [info@rcatrust.org.uk](mailto:info@rcatrust.org.uk)

### GamCare

Support, information and advice for anyone experiencing gambling harms. Suitable for all ages.

 Website: [www.gamcare.org.uk](http://www.gamcare.org.uk)

 Young people's support service (18 and under): [www.gamcare.org.uk/get-support/young-peoples-support-service](http://www.gamcare.org.uk/get-support/young-peoples-support-service)

 Forum and Chatroom: [www.gamcare.org.uk/forum](http://www.gamcare.org.uk/forum)


Free counselling service for anyone experiencing difficulties resulting from gambling harms (e.g. people who gamble, partners and family members), across the UK:


 [www.gamcare.org.uk/get-support/find-local-treatment/](http://www.gamcare.org.uk/get-support/find-local-treatment/)

For people with hearing impairment, GamCare services can be accessed via Next Generation Text Service.

### Citizens Advice Scotland

Information and advice about support available for anyone experiencing gambling harms. Suitable for all ages.

 Website: [www.citizensadvice.org.uk/scotland/debt-and-money/gambling-problems/get-help-with-gambling-problems/](http://www.citizensadvice.org.uk/scotland/debt-and-money/gambling-problems/get-help-with-gambling-problems/)


 Scotland's Citizens Advice Helpline: 0800 028 1456, open Monday to Friday, 9am-5pm

## Self-help groups and tools

### Gamblers Anonymous Scotland

Provides help for people experiencing gambling harms and runs Gamblers Anonymous Meetings across Scotland. Suitable for adults.


 Website: [www.gascotland.org](http://www.gascotland.org)

 Helpline: 0370 050 8881, open 24 hours, 7 days a week

### Gam-Anon Scotland

Support and encouragement for the families and friends of those experiencing disordered gambling, helping them to understand gambling harm and to help overcome it. Suitable for affected others.

 Website: <http://www.gamanonscotland.org/>

 Helpline: 0370 050 8881, open 24 hours, 7 days a week

### Gambling Therapy App and Website


Online service offering free practical advice and emotional support to anyone affected by gambling harms. Suitable for all ages.

 Website: [gamblingtherapy.org](http://gamblingtherapy.org)

Easy-to-use free app, providing a collection of tools and information to help you identify and overcome gambling harms, including live text support:

 <https://www.gamblingtherapy.org/support/the-gambling-therapy-app/>

Online support groups:

 <https://www.gamblingtherapy.org/support/about-support-groups/>

Online forums available 24/7:

 <https://www.gamblingtherapy.org/support/support-forums/>

Email support:


 <https://www.gamblingtherapy.org/email-support/>

### GamFam

GamFam provides a strong support network for those affected by someone else's gambling. Suitable for families.

 Website: [gamfam.org.uk](http://gamfam.org.uk)

Self-help peer support programme 'GRA5P':

 [gamfam.org.uk/how-we-can-help/#gra5p](http://gamfam.org.uk/how-we-can-help/#gra5p)

### Gambling With Lives

Gambling with Lives are a community of families bereaved by gambling-related suicide that provides support and campaigns for change.

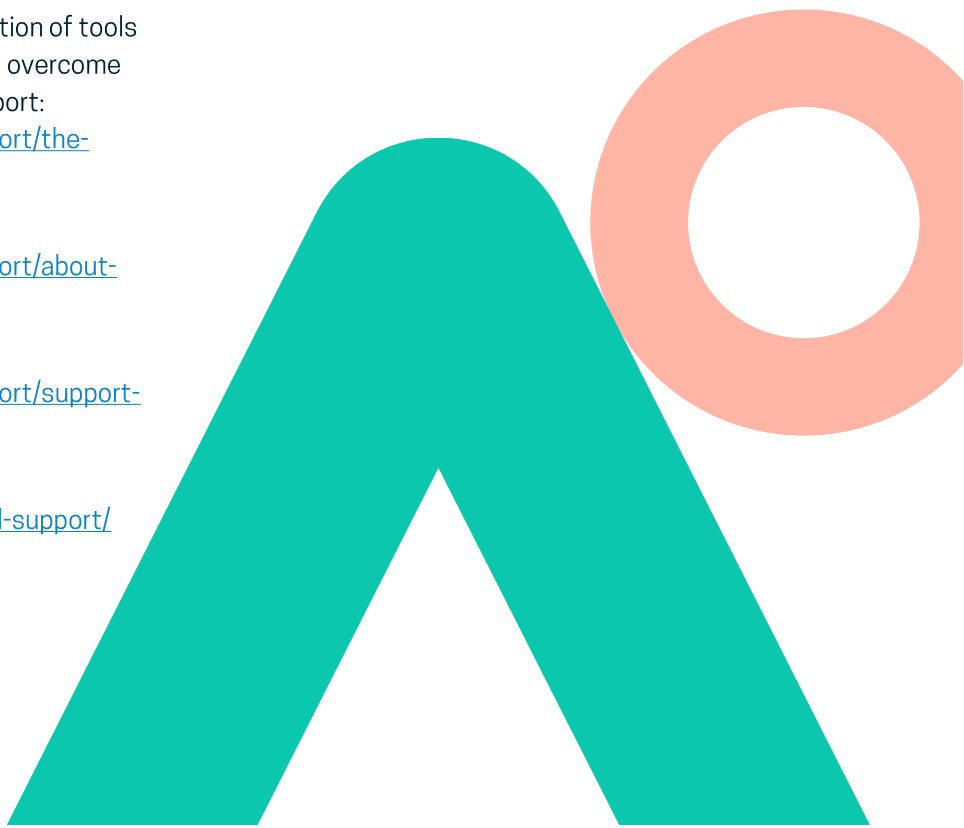
 Website: [gamblingwithlives.org](http://gamblingwithlives.org)

### RecoverMe

RecoverMe is a mobile health application designed to support people experiencing harm as a result of their gambling. Suitable for all ages.

 Website: [www.recovermeapp.co.uk](http://www.recovermeapp.co.uk)

The app is currently free for one year using the voucher code **RECOVERME100**.



## Gambling blockers and self-exclusion tools

### Gamban

Gamban blocks an internet device from accessing gambling websites and apps.



Website: [gamban.com](https://gamban.com)

Gamban is available at no cost to college or university students or those accessing certain services from within the National Gambling Treatment Service.

### GamStop

A free online self-exclusion service.



Website: [www.gamstop.co.uk](https://www.gamstop.co.uk)

## Gaming and gambling information and support

### Online Gaming Advice Hub

Run by Internetmatters.org, the Online Gaming Advice Hub offers information and advice for young people and families on the risks of gaming, and its connections to online gambling.



Website: [www.internetmatters.org/resources/online-gaming-advice/online-gaming-the-risks](https://www.internetmatters.org/resources/online-gaming-advice/online-gaming-the-risks)

### YGAM Parent Hub

The Parent Hub is designed to provide parents with the knowledge and resources to safeguard their families from risks around gaming and gambling.



Website: [parents.ygam.org](https://parents.ygam.org)

### BBC Newsround

BBC Newsround's Gambling and Gaming page has information and resources on gambling-like risks within online games.



Website: <https://www.bbc.co.uk/newsround/44736452>

