

Abstinence based

GamCare

Would you like support that is abstinence-based or a harm reduction model?

Harm reduction approach

The RCA Trust

Group Sessions

GamCare
The RCA Trust

Would you like to attend group or one-to-one counselling sessions?

One-to-one Sessions

The RCA Trust
GamCare

In-person Sessions

The RCA Trust

Would you like to attend in-person or online counselling?

Harm reduction approach

The RCA Trust
GamCare

Yes

Would you like a space that is for women only?

No

New Beginnings is an online group facilitated by Betknowmore UK

All services offer mixed gendered spaces

Would you like to attend a residential service?

Yes

Gordon Moody. They have separate properties for men and women. The service is based in England.

Would you like to also receive counselling for substance use?

Yes

The RCA Trust. They can provide counselling for gambling harm and substance use.