

## Invitation to Tender – cCBT Software Tailored for People Affected by Gambling Problems

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National problem gambling support charity GamCare, funded by GambleAware, has launched an Invitation to Tender (ITT) for companies to provide computerised Cognitive Behavioural Therapy (cCBT) software tailored for those affected by gambling-related harms, and which can be integrated into GamCare's other support services.

GamCare operates the National Gambling HelpLine and NetLine, as well as providing a range of face-to-face, online and telephone treatment services which are based on Cognitive Behavioural Therapy. GamCare services are available to anyone affected by gambling-related harms, including gamblers and their family and friends who are impacted.

Information, advice and self-help resources are also available via GamCare's website, which receives around 2 million unique visitors each year. This includes around 20,000 people each year who complete a self-assessment tool to gauge the impact of gambling on their lives, and whether they may benefit from support to help them change their gambling behaviour.

GamCare is seeking to introduce a new range of end-to-end digital interventions which can enhance their existing provision and help them to reach more people affected by gambling problems. This will include:

- Provision of digital screening for problem gambling using a validated screening tool such as PGSI;
- Provision of brief intervention modules of up to 15 minutes which will be recommended based on the outcome of screening, and which can also be used as standalone modules by GamCare's Frontline Service Advisers;
- Provision of cCBT for up to 10 sessions, each with a minimum duration of 20 minutes, maximum duration 1 hour;
- Provision of data and analytics to ensure GamCare can monitor individual characteristics, progress, attrition, outcomes and follow ups for all participants in the programme.

Anna Hemmings, GamCare CEO, says: "Offering our service users a range of effective and flexible treatment options, including digital interventions to suit them, will mean that we are able to reach more people affected by problem gambling."

Deadline for tender submissions is Monday 25<sup>th</sup> March. For more information and the full ITT please see [www.gamcare.org.uk/news](http://www.gamcare.org.uk/news)

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