?Live Chatroom to Provide Debt Management Advice for Problem Gamblers

Tuesday 13 September, 2016

National problem gambling support charity GamCare are partnering with debt management specialists PayPlan to host an hour-long live chatroom for problem gamblers affected by debt on Tuesday 20th September, from 2pm- 3pm.

In 2015/16, the National Gambling HelpLine, operated by GamCare and providing information, advice and support to anyone affected by problem gambling, signposted to specialist services helping with debt or financial crisis more than 2,600 times.

GamCare and PayPlan are co-hosting a live chatroom to give information, advice and emotional support to anyone experiencing financial crisis, and those unsure how to manage debt accrued through gambling.

Stephen Cunningham, Frontline Services Manager at GamCare, says: *"Debt and financial crisis is often a catalyst for problem gamblers to seek help and support. The impacts of debt through gambling can be far-reaching, and ignoring the problem only makes it worse.*

As well as beginning to understand the motivations behind harmful gambling behaviour, for instance through GamCare counselling, we believe it's important to deal with the practical and financial issues.

This chatroom is designed to help anyone dealing with debt because of a gambling problem, as well as the friends and family members supporting them. "

Jane Clack at PayPlan, says: *"We have many clients who are with us after finding themselves in financial difficulty due to gambling. Once someone seeks help with their gambling, they are in a much better position to review their finances, create a realistic budget and look at the most effective ways to tackle their debt problems. We are looking forward to offering advice through the chatroom to anyone affected with gambling and debt."*

To participate in the chatroom, register as a GamCare Forum member at http://www.gamcare.org.uk/user/register and join at **2pm on Tuesday 20th September**.

For more information visit www.gamcare.org.uk

ENDS

For more information or accompanying images please contact Catherine Sweet, Marketing and Communications Manager, at catherine.sweet@gamcare.org.uk or on 020 7801 7000.

Notes to editors:

GamCare – Working to minimise gambling-related harm

- GamCare is the leading national provider of information, advice, support and free counselling for the prevention and treatment of problem gambling. Our expert services are confidential and non-judgemental.
- GamCare operates the National Gambling HelpLine on Freephone **0808 8020 133** or via web chat at www.gamcare.org.uk. Advisers are available 8am – Midnight, seven days a week. Moderated chatrooms are also open daily, and peer-to-peer support is available through the GamCare Forum. For more information on GamCare counselling services, visit www.gamcare.org.uk/free-counselling
- For useful links regarding problem gambling and suicide visit www.gamcare.org.uk/get-advice/how-can-gambling-affect-your-life/mental-health

PayPlan

PayPlan is one of the UK's largest providers of free debt advice. As well as offering general debt advice, PayPlan also offers comprehensive guidance on a wide range of practical, long-term debt solutions.

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