National Gambling Support Charity Launches New Relapse Prevention Groups

Monday 16 December, 2019

Leading national gambling support charity GamCare is launching new Relapse Prevention Support Groups to provide additional aftercare for those struggling with gambling problems. New groups will be available in person and online, offering a space for individuals to discuss their ongoing gambling recovery with others in similar situations.

GamCare is the leading provider of information, advice and support for anyone affected by gambling problems. In the last year they have helped more than 9,000 people through their online, face-to-face and telephone treatment services, as well as receiving nearly 30,000 calls to the National Gambling Helpline (available through Freephone and live chat), which has recently extended its hours to become a 24-hour a day service.

These new support groups have been created as clients highlighted a need for more peer-based conversations alongside the aftercare options already provided by GamCare. The groups will encourage peer-led discussions, with the assistance of a practitioner, to discuss recovery and create a support network to those who are just leaving or would like to refresh their treatment.

Candice Donn, Head of Clinical Services at GamCare, says: "*Sharing lived experience can be an important part of recovery for many gamblers. These new groups aim to provide spaces where a network of peers can come together to have honest and open discussions about their experiences, supporting one another to enhance and maintain their recovery.*"

Brigitte Martins, Team Leader at GamCare London, says: "*Being able to talk to people who have been through similar experiences helps to break down feelings of shame and loneliness that can surround someone struggling with gambling. These groups will allow individuals to feel more understood, and allow them to see how possible it is to change their relationship with gambling.*"

Matt Blanks, Peer Aid Coordinator at BetKnowMore, working in partnership GamCare, says: *"Knowing that I have someone to turn to in hard times means so much to me, especially being able to reach out and find help from another who has also faced gambling related harm. Seeing where they are in their journey gives me such inspiration and fills me with hope and positivity, a feeling that this group can give to others as well."*

GamCare also provides aftercare support through specialist practitioners to prevent and overcome relapses where needed.

New Relapse Prevention Groups will be held face to face in London, as well as online, on Tuesdays from 6pm-7pm. Anyone who would like to attend can contact 0207 801 7008 or email London@gamcare.org.uk.

For further information on other services offered by GamCare visit www.gamcare.org.uk or contact the National Gambling Helpline on 0808 80 20 133.

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