Problem Gambling Charity Expands Free Online Counselling Service

Friday 27 May, 2016

National problem gambling support charity GamCare is extending its free online counselling service to offer appointments on Saturdays and Sundays from 18th June.

Between 3-12 sessions of free counselling are available to anyone affected by problem gambling in England, Scotland and Wales. GamCare is continually working to meet increasing demand for its specialist counselling across the UK and to ensure that services are easily accessible for all.

Anyone who is unable to attend therapy during the week will now be able to access GamCare's online service at the weekends. Online counselling can be accessed with a web cam and provides a flexible solution to finding help and support.

Derek Irwin, Counselling Services Manager at GamCare, says: *"GamCare has offered free information, advice and support to gamblers, their family and friends for nearly 20 years. We understand how problem gambling can affect you, and we can help.*

GamCare has a focus on delivering innovative and adaptable therapy that helps you work towards your individual goals. Online counselling offers a safe and flexible way to explore what's going on in your life and develop positive strategies so you can move forward."

For more information visit www.gamcare.org.uk or call the **National Gambling HelpLine** on Freephone 0808 8020 133.

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 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 more information on GamCare Certification and Social Responsibility Training visit www.gamcare.org.uk/training-and-certification
- Our most recent Annual Report and Statistics are available on our website at www.gamcare.org.uk/publications/annual-reviews-and-statistics

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