Support for Problem Gamblers Ahead of ‘Blue Monday’

Tuesday 3 January, 2017

National problem gambling support charity GamCare will host an hour-long live chatroom for problem gamblers struggling to find positive coping strategies ahead of ‘Blue Monday’, said to be the most depressing day of the year. The chatroom will run from 2pm- 3pm on Friday 13th January.

GamCare operates the National Gambling HelpLine and provides free, specialist counselling for problem gamblers, their family and friends, across England, Scotland and Wales. The charity also offers a range of online support, including regular chatrooms and a moderated Forum.

A GamCare Counsellor will be on hand during this chatroom to offer additional encouragement and suggestions regarding positive behaviour changes, and also to discuss how GamCare counselling may differ from other treatment options.

Stephen Cunningham, Frontline Services Manager at GamCare, says: “*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 issues.*

This chatroom is designed to give emotional support to problem gamblers and provide a chance to ask any burning questions. The chatroom is a supportive space to figure out how they can begin to deal with individual triggers and make positive changes moving forward.”

To participate in the chatroom, register as a GamCare Forum member at http://www.gamcare.org.uk/user/register and join at **2pm on Friday 13th January**.

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

Related Sectors:

Charities & non-profits :: Health ::

Related Keywords:

Problem Gambling :: Gambling :: Addiction :: Support :: Chatroom :: Mental Health :: Coping Strategies :: Gamblers :: Counselling ::

Scan Me:

Company Contact:

GamCare

T. 02078017000
E. press@gamcare.org.uk
W. https://www.gamcare.org.uk

View Online

Newsroom: Visit our Newsroom for all the latest stories:
https://www.gamcare.pressat.co.uk