

**National Gambling HelpLine**  
**Call Free: 0808 8020 133**  
Live chat via [www.gamcare.org.uk](http://www.gamcare.org.uk)

# **Free gambling support services across the criminal justice system**



**GamCare**

Gambling problems are more likely to affect those in the criminal justice system (CJS) than people in the wider population. Problems with gambling are often hidden; the right questions need to be asked to uncover them as crucially, if a gambling problem is left unaddressed, rehabilitative work in other areas of the individual's life is likely not to be successful.

Gambling is something that has not had parity of awareness with other addictions such as drug or alcohol issues and rarely comes up in screening within the CJS. GamCare are offering all criminal justice organisations free resources, training, screening, referral and support options.

If you are interested in any of the options below or need additional information, please contact **[criminal.justice@gamcare.org.uk](mailto:criminal.justice@gamcare.org.uk)**.

We understand that the need will be different in each organisation, so do get in touch for a conversation to make sure your organisation gets the most useful information and support.

### **Resources for staff and service users**

- **Leaflets**

We have developed leaflets relevant to different points of the offender journey that outline practical information, support and advice:

- Managing your gambling in prison
- Managing your gambling on release (including ROTL)
- Managing your gambling on probation
- Support for Friends and Family

- **Screening/ contact cards**

These cards are a discreet, credit-card size resource that include a screening tool as well as the contact details for the National Gambling Helpline. The Helpline is a free service, available 24/7, and operated by trained GamCare Advisers. We encourage you to disseminate as many cards to service users as possible.

- **Posters**

Posters advertising our support can be displayed in waiting rooms and reception areas, staff rooms, treatment rooms, offices, prison visitors' rooms, and other communal spaces.

To order free resources please email **[criminal.justice@gamcare.org.uk](mailto:criminal.justice@gamcare.org.uk)**

### **Free Training**

Our training sessions are built to:

- increase awareness of problem gambling
- increase professionals' confidence in identifying those affected by gambling amongst service users
- increase knowledge around how to potentially access support and treatment.

Sessions typically run for 2-3 hours but we can be flexible around your availability.

### **Screening and Referral Pathway**

Asking the right question is crucial to uncovering the hidden nature of gambling problems. A trigger question can act as a prompt for further discussion about an individual's gambling and can lead to delivering some brief advice yourself, and/or to refer into GamCare services.

Get in touch with us to discuss where may be the best place to incorporate this trigger question into your existing processes, and to discuss potential referral pathways.

### **Support and Treatment**

GamCare and our national network of partners have been delivering support, advice and information to people affected by problem gambling for over 20 years. We can offer a range of support and treatment options appropriate to individuals at different levels of their journey. Leaflets and screening cards can be distributed across your service users to raise awareness of these services.

### **In the Community:**

- GamCare delivers the National Gambling Helpline via Freephone 0808 80 20 133 or via web chat at [www.gamcare.org.uk](http://www.gamcare.org.uk), available 24/7.
- The GamCare website also offers a dedicated Forum to discuss issues across the criminal justice system, and daily live chatrooms.
- GamCare and our partners provide face to face, online and telephone treatment across England, Scotland and Wales.

## [Support and Treatment in the Community - Continued]

- A self-help workbook can be downloaded from our website.
- GameChange – an online treatment course, based on CBT and supported by regular contact with a GamCare therapist - can be accessed via our website.

## Support and Treatment in Prisons:

- The National Gambling Helpline runs 24/7 and the Freephone number can be added to the global call list in any prison.
- Our Cell Pack is a self-help resource that can be completed alone or with a member of staff, such as a Key Worker or an Offender Manager.
- Our online GameChange course can be made available through supervised internet access, where establishments permit this.
- GamCare or our partners may already provide support, or have made contact, in your location - if not, please contact us to discuss further.

If you would like to find out more about our wider work across the criminal justice system, including our evaluation reports, you can visit our website: **[www.gamcare.org.uk](http://www.gamcare.org.uk)**