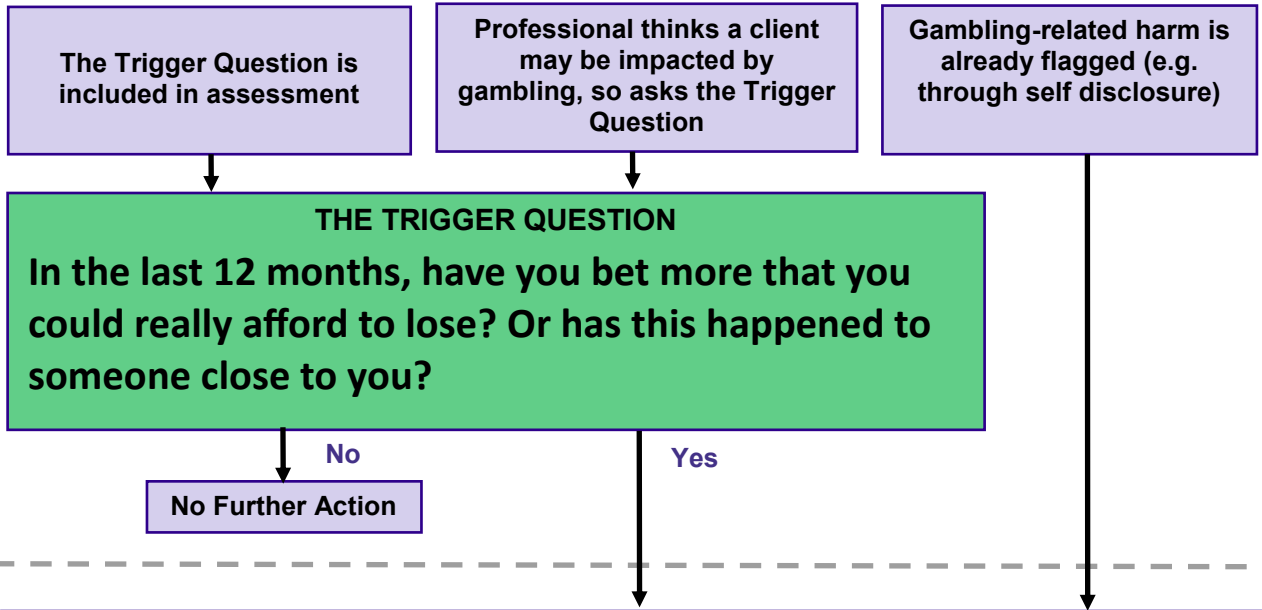


**GUIDE FOR PROFESSIONALS REFERRING ADULT CLIENTS**
**Step 1: IDENTIFICATION**

**Step 2: INTERVENTION AND REFERRAL**

<b>Professional assesses their availability of time and capacity to support the client internally</b>	
If you only have <b>limited time</b> to spend with your client, you should:	<ol style="list-style-type: none"> <li>Reassure that support is available and provide information and resources, available for free from GamCare or <a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a>.</li> <li>Signpost to support:                         <ul style="list-style-type: none"> <li>◆ The <b>National Gambling Helpline</b>, which is Freephone and open 24 hours a day - 0808 8020133 or via web chat at <a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a></li> <li>◆ <b>Refer</b> (referral form overleaf) into treatment</li> </ul> </li> <li>If you would like advice or support from another professional, please contact your local outreach officer, treatment team or the HelpLine.</li> </ol>
If you have <b>some time</b> to explore their gambling further, <b>as well as the actions above</b> , you could also:	<ol style="list-style-type: none"> <li>Complete a short screening tool, such as the <b>GAST-G</b> -                      In the last 12 months have you:                         <ul style="list-style-type: none"> <li>◆ Bet more than you could really afford to lose?</li> <li>◆ Been criticised for your betting, or been told that you have a gambling problem?</li> <li>◆ Felt guilty about the way you gamble, or what happens when you gamble?</li> <li>◆ Been affected by someone else's gambling?</li> </ul> </li> <li>Deliver a <b>Brief Intervention</b> (a short, focused conversation) - free training is available for any professional on how to do this</li> </ol>
If you have <b>more time</b> , particularly if you already have a relationship with the client, <b>as well as the above</b> , you could also:	<ol style="list-style-type: none"> <li>Support your client to complete the <b>GamTest</b> (an extended self-assessment screening tool) <b>instead</b> of conducting the GAST-G. GamTest is available on <a href="http://www.gamcare.org.uk/self-help/self-assessment-tool/">www.gamcare.org.uk/self-help/self-assessment-tool/</a></li> <li>Proactively supporting your client in accessing treatment</li> </ol>

- This process is a guide; there is no 'wrong door' into treatment and support services.
- Your client may be impacted by either their own or someone else's gambling, or both.
- We are here to help - if you have any questions your local treatment service, Outreach Officer and the National Gambling HelpLine are available to support you as well as your client.
- In the case of immediate concern for the client's welfare (e.g. suicidality), please refer to an appropriate service (e.g. the emergency services).