

Is gambling getting in the way of living?

Is it affecting you, or someone close to you?



BeGambleAware.org[®]
24/7 Helpline: 0808 8020 133

Take control of your gambling issues

FREE Treatment Support

..... for a brighter future

Centres in
Basingstoke
Milton Keynes
Banbury (Oxon)
Portsmouth
Southampton

Tel: 01256 843203

Tel: 023 8063 0219

www.optionscounselling.co.uk


counselling | training | development

Options in partnership with Gamcare provide **free** specialist Gamcare treatment for anyone concerned about their own or someone else's problem gambling. Supporting you to:

- Stop or reduce the frequency of problem gambling
- Develop ways of coping with problem gambling
- Understand some of the underlying reasons why gambling has become a problem
- Address related issues that are causing harm or damage
- Develop a productive and healthy life without problem gambling

Speaking to a trained practitioner in a safe environment will enable you to explore the role of gambling in your life and its effects, both for your self and those around you.

You will be helped and supported to understand the various factors which contribute to gambling behaviour and encouraged to work towards positive change.

Options providing information, support and counselling

..... for a brighter future

Options are organisational members of the **BACP (British Association of Counselling & Psychotherapy)**, and work in line with their framework for good practice, receiving regular clinical supervision to ensure the highest quality of service is maintained.



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Options Wellbeing Trust
...supporting you to a brighter future

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