

# Is gambling harming you or someone you care about?

Information and guidance for  
all those affected by gambling



# The East of England Gambling Service is free and run by the NHS. Whether you are affected by your own gambling or someone else's, you are welcome to come and talk to us. We offer support to individuals and families experiencing the negative impact of gambling.

It can feel difficult to reach out for help, and this may be the first time you have, but we want you to know that you are welcome here.

Our team is made up of lived experience peer support workers, psychologists, therapists, nurses and psychiatrists.

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## What we offer:

- An assessment to help us understand how we can help you
- Specialist Cognitive Behavioural Therapy (CBT)
- Tools and techniques to help you stop gambling
- Couple and family therapy
- Individual support for family members
- Psychiatric reviews
- Support from people who have gone through/are going through it too

Whether we see you individually or as a family/support network, we can meet with you online or face-to-face.

In some cases, we may work alongside other services involved in your care to ensure you receive the most appropriate help and support.

## Who can access the service?

We support adults aged 18 and over, individually, as a couple, or as a family who want to change the impact gambling is having on them

We cover the East of England including Bedfordshire; Luton and Milton Keynes, Cambridgeshire and Peterborough; Hertfordshire and West Essex; Mid and South Essex; Norfolk and Waveney; Suffolk and North East Essex.

We accept referrals from:

- Individuals experiencing problems with their own gambling
- Individuals experiencing problems as a result of someone else gambling
- Professionals

You can refer yourself or others by:



Filling out the online referral on our website: [www.eofegambling.service.nhs.uk](http://www.eofegambling.service.nhs.uk)

For more information email us on [cnwl.eofegambling@nhs.net](mailto:cnwl.eofegambling@nhs.net) or call us on **01908 724287**.

### Is your gambling a problem? Take this questionnaire to find out.

#### 1. Have you bet more that you could really afford to lose?

- |  |  |
|--|--|
| <input type="checkbox"/> Never (0 points)    | <input type="checkbox"/> Most of the time (2 points) |
| <input type="checkbox"/> Sometimes (1 point) | <input type="checkbox"/> Almost always (3 points)    |

#### 2. Have you felt people criticised your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

- |  |  |
|--|--|
| <input type="checkbox"/> Never (0 points)    | <input type="checkbox"/> Most of the time (2 points) |
| <input type="checkbox"/> Sometimes (1 point) | <input type="checkbox"/> Almost always (3 points)    |

#### 3. Have you ever felt guilty about the way you gamble, or what happens when you gamble?

- |  |  |
|--|--|
| <input type="checkbox"/> Never (0 points)    | <input type="checkbox"/> Most of the time (2 points) |
| <input type="checkbox"/> Sometimes (1 point) | <input type="checkbox"/> Almost always (3 points)    |

#### Total points:

If you scored more than four points, you may need support to help you cut down or stop gambling.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish