



**Frankie
Graham**

Founder & CEO,
Betknowmore UK

We are immensely proud to provide services that protect and support communities from gambling harms, we need to work together to address this serious public health issue.

Visit us at: www.betknowmoreuk.org

Where to get help – Contact Betknowmore

 0800 041 8449

 referral@betknowmoreuk.org





 www.betknowmoreuk.org



Scan the QR code for
support information



CONCERNED ABOUT GAMBLING?

-  Have you bet more than you could really afford to lose?
-  Have people criticised your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
-  Have you felt guilty about the way you gamble or what happens when you gamble?
-  Are you concerned about a family member or friends gambling?

If you answered yes to one or more of these, we are here to help you.

Betknowmore UK is a national charity for those affected by gambling.

GOALS



Gambling Outreach and Living Support Service

Why does it exist?

Our Gambling Outreach and Living Support (GOALS) service, works within local communities to enhance resilience to gambling harms. Activities are provided by trained 'lived experience' GOAL Supporters, who engage with individuals, affected others and organisations, providing support, training and awareness raising services.

Who is it for?

GOALS is designed for individuals living in London who are directly harmed by gambling. Also, organisations such as those providing mental health support, local authorities and housing assistance can refer in to the service.

What does it offer?

1:1 and group 'safe space' support sessions for individuals and affected others, delivered in-person or remotely. Sessions are centred around bespoke and holistic client health and wellbeing needs, as well as practical advice and signposting. Focus on early interventions, safeguarding and harm minimisation areas.



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NEW BEGINNINGS



Women's Service

Why does it exist?

Our women's service, 'New Beginnings', exists to support the specific challenges faced by women harmed by gambling.

Who is it for?

New Beginnings is a peer support service for women directly harmed by gambling and affected others.

What does it offer?

Support for the specific challenges faced by women harmed by gambling, including relationship, financial and emotional issues. Through a combination of bespoke one-to-one and group support facilitated by women with lived experience of gambling, providing them with the tools, skills and confidence to support themselves on the journey to recovery.



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PEER AID



Peer Support Service

Why does it exist?

Our Peer Aid service ensures individuals harmed by gambling receive support from trained Peer Supporters, who themselves have fully recovered from gambling harms and addiction.

Who is it for?

Peer Aid Supporters work alongside clinicians and support teams within the NGSN network, collaboratively aiding individuals harmed by gambling.

What does it offer?

A combination of bespoke one-to-one and group support, personal development assistance and health & well-being information. The service is available at any stage of an individual's recovery journey from first contact to aftercare provision.



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