



Are you worried about gambling?

You are not alone.

If you are worried about your own gambling or someone else's gambling then we understand the devastating effects it can have.

We are here to help.

GamFam's 5 stage support programme is the start of your recovery.

Follow us on
social media
[@GamFamCharity](#)



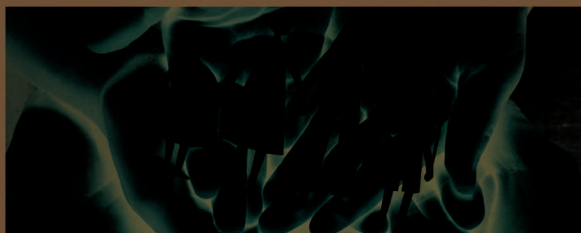
 **GamFam**

Visit www.gamfam.org.uk
email info@gamfam.org.uk

GamFam, registered charity no. 1191139

”

Definitely make contact,
it can be so difficult to
make that first move, but
you owe it to your own
health and wellbeing.
You will be treated in
confidence with respect,
dignity and without
judgement.



GamFam is a registered charity, set
up by people who have experienced
first-hand the devastating effects that
gambling can have on individuals,
family and friends.

GamFam offer support through GRA5P
– The GamFam Recovery And Support
Programme. Knowing that **you are not
alone** and that you have the opportunity
to share your experiences in a safe space,
with no fear of judgement and with others
who have real empathy and understanding
makes Peer Support such a powerful tool to
help you in your recovery.

“

‘It has
provided me with a safe
space to discuss issues
related to gambling with
people who understand
what I am going
through.’

”

ORGANISATIONS & REFERRALS

If you are a professional organisation and
would like further information or would like
to make a referral into our service, please visit
our website or contact us through our e-mail

INDIVIDUALS

If you need help in gaining a better understanding,
and would like to talk with others who relate to your situation,
please contact us to find out more about **GRA5P**
It could be the start towards **your** own recovery.

Gam

Visit www.gamfam.org.uk
email info@gamfam.org.uk

The GRA5P programme does not aim to provide legal or medical advice. We are not
legal professionals, doctors, or therapists. We are families of disordered gamblers
and the advice and guidance is from our own lived-experience and what we have
learnt from others. What has worked for us may not work for you and reliance on any
information contained in this programme is solely at your own discretion.

GamFam, registered charity no. 1191139