Is gambling harming you or someone you care about?

Information and guidance for all those affected by gambling

You can refer yourself or others by filling out our online referral form:

QR Code link
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.

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

For more information email us on 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?
   - Never (0 points)
   - Sometimes (1 point)
   - Most of the time (2 points)
   - 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?
   - Never (0 points)
   - Sometimes (1 point)
   - Most of the time (2 points)
   - Almost always (3 points)

3. Have you ever felt guilty about the way you gamble, or what happens when you gamble?
   - Never (0 points)
   - Sometimes (1 point)
   - Most of the time (2 points)
   - 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