

West Midlands Gambling Harms Clinic



About the West Midlands NHS Gambling Harms Clinic

The West Midlands NHS Gambling Harms Clinic (*also known as the Midlands Gambling Clinic*) provides specialist addiction therapies, treatment and recovery to those affected by gambling.

Many people take part in some form of gambling. For some, this can be an enjoyable activity, but for others, gambling can harm an individual's physical and mental health, relationships and performance at work, and can leave them in serious debt too.

Gambling can also have a huge impact on the people close to those struggling with issues arising from their gambling, which is why we offer tools, support and resources for family members, carers, partners, friends and work colleagues.



The good news is that if you have a problem with gambling and you would like to stop, treatment and support are available. Recognising the warning signs can help you realise when it is time to seek help for yourself or others.

How we work

We are a clinical team made up of psychologists, therapists, mental health nurses and psychiatrists. We also have 'experts by experience' – people who have overcome problem gambling themselves.

We provide gambling treatment programmes delivered either virtually or at the clinic, as well as a digital programme which you can access 24/7. **It's your choice.**

We also work alongside many other agencies and services that can help with other problems such as mental health, debt management and housing.

"With the right help and support, people can recover and reclaim their lives, as well as the lives of their friends and family."



Support available



Self-referral

You do not always need to see your GP and wait for a referral to start your recovery journey.

Refer yourself to our clinic with our quick and easy, online referral form.

Visit us at www.midlandsgamblingclinic.org

Self-help resources

Our help and support page is a space where you can understand more about gambling and the impact it has.

Whether you are looking for help and support with your own gambling problems, or you're concerned about someone close to you, you can check out information, advice and support services that have helped others to control or stop gambling altogether.

Professional referral

If you have been to your GP to discuss your gambling problems, they can refer you directly to us. You will then have an assessment by one of our clinicians, usually within 72 hours.

Not too sure what's best for you?

If you would like to discuss your options or you are not sure whether our clinic is the best way forward for you, contact your GP or another trusted professional who can help you find the right support.

Supporting people affected by problem gambling in the midlands

Is your gambling a problem? Take our short questionnaire to find out. You can access a full version of this questionnaire on our website.

In the past 12 months...

1. Have you bet more than 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 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*

If you scored more than 4 points, you may need support to help you cut down or stop gambling.

You are not alone.

**We can help you with your gambling
and gain control of your life again.**

To access our service, self-help resources or to
make a referral, scan the QR code below or visit
www.midlandsgamblingclinic.org



HOW TO CONTACT US

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www.midlandsgamblingclinic.org