

Gambling Addiction Recovery Intervention Programme

**Do you have a compulsive gambling
problem?**

Don't wait till you lose everything. Seek help now!

If you think about gambling all the time, spending more and more time and money on it, chasing losses or gambling despite dire consequences, you have a gambling problem.

Compulsive gambling is the uncontrollable urge to keep gambling even when you know it can affect your relationships, impact your job, and lead to serious financial problems.



How will G.A.R.I. help you?

The programme aims to help you to:

1. Stop the gambling behaviour
2. Learn about triggers, urges, and recovery
3. Develop a relapse prevention plan
4. Address any co-occurring disorders
5. Maintain long-term recovery from gambling
6. Educate your family members on compulsive gambling & recovery



Get Help Now!
help@wecare.org.sg
Tel: 6547 5459

Overcoming a gambling problem is never easy. But, recovery is possible if you seek help and commit to treatment. The first step is recognizing and acknowledging the problem.

G.A.R.I. is a counselling treatment programme for persons with a gambling problem. The programme involves the individual as well as the family members in counselling and self-help groups.

G.A.R.I. Programme Structure:

- ◆ 6 individual sessions
- ◆ 2 family sessions
- ◆ 4 group sessions

Client with more complex issues may require more sessions.

WE CARE Community Services

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