

Gambling Recovery Intervention Programme

**If you or someone you know has a gambling problem,
Help is available here!**

Don't wait for the problem to get worse. Seek help now.



**GAMBLING
YOUR
LIFE
AWAY**

If you are preoccupied with gambling, reliving past gambling experiences, planning the next wager, or thinking of ways to get money with which to gamble, you might have a gambling problem.

Compulsive gambling is the uncontrollable urge to keep gambling. So much so that it can affect your relationships, impact your job, and lead to serious financial problems.

How does G.R.I.P. work?

This programme is designed to help you to:

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

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.R.I.P. is a counselling treatment programme for persons with a gambling problem. It comprises 4 counselling sessions, 1 family session (optional) and 2 support group sessions.

At WE CARE, counselling is provided by trained addiction specialists.



Get Help Now!

help@wecare.org.sg
Tel: 6547 5459

G.R.I.P. Programme Structure:

- 4 individual sessions
- 1 family session (optional)
- 2 support group sessions

Clients with more complex issues may require more individual sessions.

WE CARE Community Services

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