

# 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](mailto: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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