

# 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.*



## 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



**Get Help Now!**  
[help@wecare.org.sg](mailto:help@wecare.org.sg)  
Tel: 6547 5459

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.

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.

### 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

Kembangan Chai-Chee Community Hub  
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