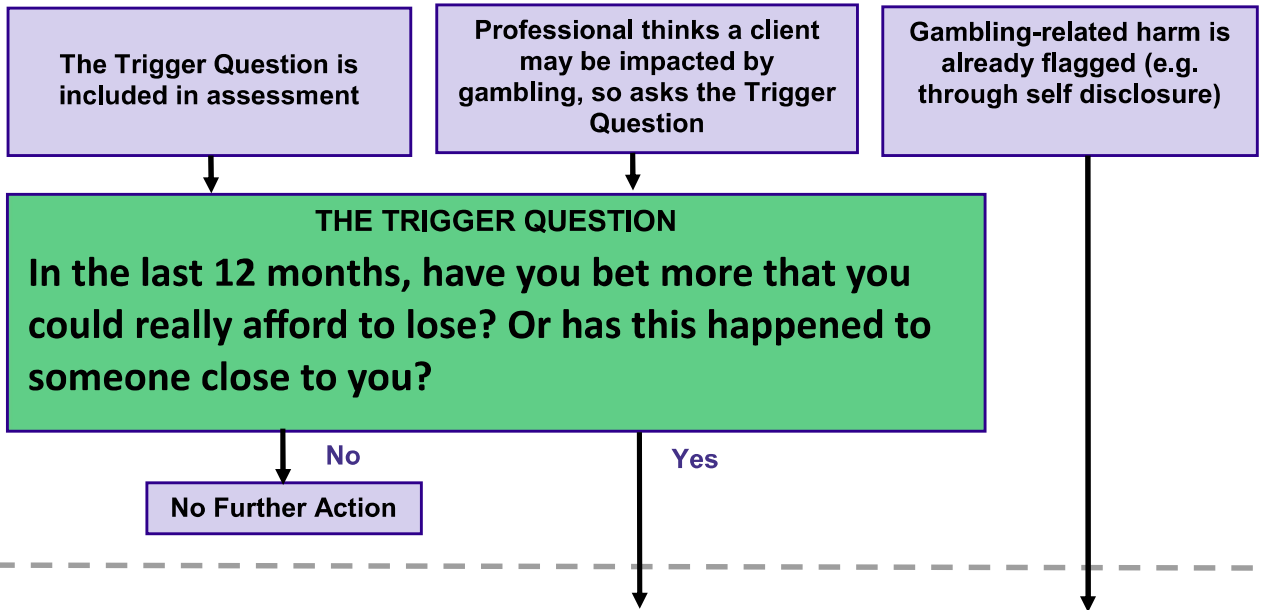


GUIDE FOR PROFESSIONALS REFERRING ADULT CLIENTS
Step 1: IDENTIFICATION


THE TRIGGER QUESTION

In the last 12 months, have you bet more that you could really afford to lose? Or has this happened to someone close to you?

No
No Further Action

Professional assesses their availability of time and capacity to support the client internally

Step 2: INTERVENTION AND REFERRAL

If you only have limited time to spend with your client, you should:	1. Reassure that support is available and provide information and resources, available for free from GamCare or www.gamcare.org.uk . 2. Signpost to support: <ul style="list-style-type: none"> ◆ The National Gambling Helpline, which is Freephone and open 24 hours a day - 0808 8020133 or via web chat at www.gamcare.org.uk ◆ Refer (referral form overleaf) into treatment 3. If you would like advice or support from another professional, please contact your local outreach officer, treatment team or the HelpLine.
If you have some time to explore their gambling further, as well as the actions above , you could also:	4. Complete a short screening tool, such as the GAST-G - In the last 12 months have you: <ul style="list-style-type: none"> ◆ Bet more than you could really afford to lose? ◆ Been criticised for your betting, or been told that you have a gambling problem? ◆ Felt guilty about the way you gamble, or what happens when you gamble? ◆ Been affected by someone else's gambling? 5. Deliver a Brief Intervention (a short, focused conversation) - free training is available for any professional on how to do this
If you have more time , particularly if you already have a relationship with the client, as well as the above , you could also:	6. Support your client to complete the GamTest (an extended self-assessment screening tool) instead of conducting the GAST-G. GamTest is available on www.gamcare.org.uk/self-help/self-assessment-tool/ 7. Proactively supporting your client in accessing treatment

- This process is a guide; there is no 'wrong door' into treatment and support services.
- Your client may be impacted by either their own or someone else's gambling, or both.
- We are here to help - if you have any questions your local treatment service, Outreach Officer and the National Gambling HelpLine are available to support you as well as your client.
- In the case of immediate concern for the client's welfare (e.g. suicidality), please refer to an appropriate service (e.g. the emergency services).