Ara- Recovery for All are a Charity and the National Gambling Treatment Provider for your area. We provide free counselling and support for anyone that is affected by Gambling Harms. Research suggests that 1 in 13 people are affected by harmful gambling in the UK. For each problem gambler up to 15 others are impacted.

We provide **FREE** one-to-one counselling for people aged 16 years and over who are experiencing problems with their own gambling or that of a family member. Problem Gambling is often called the hidden addiction for many reasons, but one in particular is that a gambler will often not disclose their addiction (unless asked) but may present with mental health disorders. A study conducted in 2019 by Lund University, Sweden, suggested that problem gamblers are 15 times more likely to take their own life.

Referral into the service is easy. Clients can either self-refer by contacting us directly on 0330 1340 286 or via our website [www.recovery4all.co.uk](http://www.recovery4all.co.uk).

We would appreciate if you could let your patients know of our service. We would be happy to send you some posters for your surgery waiting rooms. Some GP surgeries have kindly made mention of our service on their website due to patients opting to have telephone appointments.

Finally, we also offer short awareness sessions to professionals (via Zoom or Teams) that outlines both gambling and gaming harms for both adults and young people. FREE Awareness workshops for young people and professional who work with young people are also available through our Training Leads. Over 1700 Youth Facing Professionals attended these workshops in 2020 throughout South West England and Wales

Please feel free to contact us should you wish to discuss further. In the meantime more information can be found on our website [www.recovery4all.co.uk](http://www.recovery4all.co.uk) .