

Building Resilience from Gambling Harm



Who is it for?

Anyone aged 18 or over living in Buckinghamshire who is affected by gambling-related harm such as financial difficulties, debt, relationship problems, emotional distress whether they are currently gambling or have completed treatment and need ongoing support, including those who have left treatment within the past six months.

What to expect

This service is delivered in partnership with Citizens Advice Bucks and Bucks Mind to provide two forms of support: financial and mental health.

Financial Capability Support: Provided by Citizens Advice Bucks via an assessment with one of their advisers to help identify challenges you are facing and to provide appropriate advice, information, and practical support to help you move forward.

Mental Health - Money

and Me: A trauma informed emotional and behavioural support programme. An initial assessment lasting approximately 40 minutes with a Supported Self Help (SSH) practitioner will ensure the programme is right for you.



As part of the programme, you will work with your SSH practitioner across six dedicated 45-minute sessions either in person or by telephone which will be based on cognitive behavioural approaches (CBT).



The sessions also provide an opportunity for your SSH practitioner to check in with you and provide any support needed. During this time, you will be provided with materials and tools to help you recognise and understand the emotions you are experiencing and boost how you are feeling.

Privacy and Data Sharing

As this project is delivered in partnership there will be a requirement of sharing information as part of the referral process and to ensure each charity is supporting you in the right way.

For further details on how we use your information as part of this service, please visit: <https://www.bucksmind.org.uk/building-resilience-from-gambling-harm/>