

Referrals

If you are a person affected by gambling disorder or problematic gambling, please request a referral form.

You can do this by emailing:
southerngamblingservice@southernhealth.nhs.uk

If you are a registered healthcare professional wishing to refer a patient with gambling disorder or problematic gambling, please request a referral form and criteria.

You can do this by emailing:
southerngamblingservice@southernhealth.nhs.uk

Referral from voluntary and community sector organisations (VCS)

If you are working in a VCS and wish to refer a person to the service, please ask the person affected by gambling disorder or problematic gambling to complete a self-referral form (with your assistance where appropriate).

Contact us

Email:
southerngamblingservice@southernhealth.nhs.uk

Website:
www.southernhealth.nhs.uk/sgs

Tel: 02382 310786

Carers and Patients Support Hub

If you need further support, signposting or just someone to listen, please contact the Carers and Patients Support Hub.

Call: 023 8231 1206 or email:
CarersandPatientsSupportHub@southernhealth.nhs.uk

Compliments and concerns

Call: 023 8231 1200 or email:
complaints@southernhealth.nhs.uk

Or write to us at:
FREEPOST RSJL- JXSX-ATUE
Complaints Team/Carers and Patients Support Hub
7 Sterne Road, Tatchbury Mount
Calmore, Southampton SO40 2RZ

This information is available in other formats and languages including large print, braille and audio. Please contact your local health care professional.



www.southernhealth.nhs.uk

To find out more about how to get involved in the Trust, please visit www.southernhealth.nhs.uk/get-involved

OUR VALUES



Southern Health
NHS Foundation Trust

Southern Gambling Service



This leaflet was created by the Publications Team.
November 2022.

OUR VALUES





Who we are

The Southern Gambling Service provides specialist addiction therapies, treatment and recovery to those affected by gambling addiction and gambling problems.

Many people take part in some form of gambling. For some, this can be an enjoyable activity, but for others, gambling can harm an individual's physical and mental health, relationships and performance at work, and can leave them in serious debt too.

The good news is that if you have a problem with gambling and would like help to stop or cut back, treatment and support are available.

Recognising the warning signs can help you realise when it is time to seek help for yourself or others.

What we do

The Southern Gambling Service offers high quality assessment and evidence-based treatments for people with gambling disorder/problematic gambling.

We offer 3 main treatment pathways:

1. Individual psychotherapy (delivered virtually)

2. Group psychotherapy (delivered virtually)

3. Medication for problematic gambling

Psychological support is offered in the form of cognitive behavioural therapy (CBT) and other evidence-based approaches.

The service has a strong focus on using digital approaches to deliver high quality care, including asking patients to complete questionnaires via a secure online portal (as part of the assessment and treatment process) and the use of video-consultations, when appropriate.

The service is staffed by a multi-disciplinary team: including consultant psychiatrists, consultant psychologists, clinical therapists, peer support workers, as well as administrative and other support staff.

Accessing the service

The service is open to people aged 17 and older with gambling disorder/problematic gambling, who meet our referral criteria and consent to seeing our team.

Current catchment area

To begin with, the service is considering referrals for individuals living in Southampton and/or whose registered GP is in Southampton.

However, the area we cover is expanding with time. Please check our website for the latest update on our catchment area.

Visit: www.southernhealth.nhs.uk/sgs

