



Gambling Addiction Service

The National Addictions Management Service (NAMS) provides treatment for people who are concerned about their gambling or that of someone close to them.

We provide comprehensive assessment and treatment for problem gamblers and their significant others.

NATIONAL ADDICTIONS MANAGEMENT SERVICE

Buangkok Green Medical Park
10 Buangkok Green
Singapore 539747
Tel: 6389 2200 (for appointment)
Email: imh_appt@imh.com.sg

National Problem Gambling Helpline: 1800-6-668-668
All Addictions Helpline: 6-RECOVER (6732 6837)

www.nams.sg

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**NATIONAL
ADDICTIONS
MANAGEMENT SERVICE**



According to a 2008 MCYS study, nearly 2% of Singapore residents aged 18 years and above who were surveyed may experience problems related to their gambling.

Gambling addiction is a disease much like alcohol and drug addictions. Problem gamblers have difficulties controlling their gambling behaviour which increases over time in terms of frequency, time spent on gambling and money wagered.

They are so preoccupied with gambling that it becomes the main activity in their lives. They may want to stop gambling but have difficulty doing so. Problem gamblers experience negative consequences related to gambling e.g. mounting debts, family problems and poor job performance.

Signs of a Possible Gambling Problem

- Gambling more often
- Gambling for longer periods of time
- Gambling with larger amounts of money
- Gambling in spite of negative consequences e.g. huge losses, poor job performance, relationship problems
- Gambling to escape from emotional problems, worries or frustrations
- Telling lies to hide gambling and related problems

Recognising Gambling Problems Among Your Loved Ones and Friends

- Spending more time and money to gamble
- Borrowing money to gamble
- Stealing or committing other illegal acts to gamble
- Unexplained debts or financial problems
- Unexplained absences from work or school
- Missing family and social important events to gamble
- Feeling restless or irritable when not gambling



How You Can Benefit from Treatment

During your first appointment, you will be seen by a doctor and Addictions Counsellor for a comprehensive assessment. They will explore treatment and recovery options with you to determine the best plan for your recovery. Your loved ones will be encouraged to participate in treatment to learn how they can best help you.

We also provide basic debt management information, or refer you to credit counsellors if necessary.

All information given by you will be kept strictly confidential.

This is an overview of what you and your loved ones can expect from our treatment services:

- Thorough assessment
- Doctor's consultations and medical treatment
- Individual counselling with assigned counsellor
- Group treatment
- Family support group

For further enquiries, please refer to our website at www.nams.sg or call the National Problem Gambling Helpline at 1800-6-668-668.