



INFORMATION TO SUPPORT A 'GAMBLERS' ON GOING RECOVERY

ACCESSING LOCAL GAMBLING SUPPORT SERVICES AND WHAT TO

Available Services	Self-Referral Process	Professional Referral Process
<p>Al Hurraya – Culturally Wise Gambling Addiction Service</p>	<ul style="list-style-type: none"> • Please fill out the self-referral form found on the 'Accessing NOTTINGHAM BAMER Services and What to Expect' section of the Time Out page. • Attach and email the completed referral form to michael.dawes@al-hurraya.org • You can also self-refer by phone on 0115 7869206 or 07368579469 • You can also visit their website at https://www.al-hurraya.org/ and scroll down to the bottom of the homepage to self-refer using their 'contact us' form. • Upon receipt of any referral someone from the Al-Hurraya team will be in contact using your preferred contact method to offer you gambling help and support. 	<ul style="list-style-type: none"> • Please fill out the professional referral form found on the 'Accessing NOTTINGHAM BAMER Services and What to Expect' section of the Time Out page. • Attach and email the completed referral form to michael.dawes@al-hurraya.org • Professionals can direct their service users to the Al-Hurraya website to find more help and support and can also encourage self-referral.