

*“I could walk a mile  
in your shoes,  
but I already know  
they’re just as  
uncomfortable as mine.  
Let’s walk next to  
each other instead.”*

*– Lynda Meyers*



*Embrace the Journey,  
Support Your Loved Ones.*






## **GAME** **Evening Support Group**

### **NATIONAL ADDICTIONS MANAGEMENT SERVICE**

10 Buangkok View  
Buangkok Green Medical Park  
Block 9, Basement 1  
Singapore 539747

General Enquiries: 6389 2000  
Appointment Line: 6389 2200

-  [www.nams.sg](http://www.nams.sg)
-  National Addictions Management Service
-  @nams.sg



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resources.

Mar 2025

**NATIONAL**  
**ADDICTIONS**  
MANAGEMENT SERVICE 

## *You're Not Alone*

So many people feel alone when they are living with an addiction. They feel like no one understands them, and that no one has been in the same situation as them. They feel disconnected with others as they have not suffered the same consequences – high debts, loss of family members and friends, loss of career and reputation.

For some people, gambling can cause severe problems in their lives. They may find it hard to control gambling, and get into serious financial difficulties. They don't suffer alone, as their families are equally affected by their gambling behavior.

If gambling has caused problems in your life, join us at G.A.M.E. (Gambling Addiction Management through Education) to understand more about gambling addiction,

learn new skills, cope with urges to gamble, manage finances and debts and embark on a journey of recovery.

Talking to others who have been in the same situation and learning how they overcame their struggles and stayed on track can help you gain motivation and feel less alone.

### *GAME Program Weekly Topics:*

1. Introduction to Gambling Addiction and Self-Management during COVID-19
2. Financial Management
3. Crisis Management
4. Management of Triggers, Urges & Cravings
5. Cognitive Distortions Related to Gambling
6. Impact of Gambling on Family / Rebuilding Relationship
7. Barriers to Recovery
8. Relapse Prevention

*Change your life today,  
don't gamble on  
the future, act now,  
without delay.*

*- Simone de Beauvoir*

When:	Every Thursday (Except Public Holidays and eve of Public Holidays.)
Time:	7 pm to 8.30 pm
Location:	NAMS Clinic Buangkok Green Medical Park, Blk 9, Basement 1 10 Buangkok View, Singapore 539747

How to join: Please inform your NAMS counsellor.

\* There will be variation in theme/topics every week.

