

Gambling Treatment Centers in Nigeria

Getting the Help You Need

Gambling can be an enjoyable pastime, but for some, it can develop into a harmful addiction that affects personal and professional life. If you or someone you know is struggling with gambling addiction in Nigeria, it's important to know that help is available. This article provides information on treatment centers and resources dedicated to helping individuals regain control over their lives.

Understanding Gambling Addiction

Gambling addiction, also known as compulsive gambling or gambling disorder, is characterized by an uncontrollable urge to keep gambling despite negative consequences. It can lead to financial problems, strained relationships, and a decline in mental health.

Common signs of gambling addiction include:

- Constantly thinking about gambling and planning future bets.
- Needing to gamble with larger amounts of money to feel the same excitement.
- Lying to family and friends about the extent of your gambling.
- Chasing losses in an attempt to win back money lost in previous bets.
- Neglecting work, school, or family responsibilities because of gambling.

If you recognize these signs, it's crucial to seek help as soon as possible.

Gambling Treatment Centers in Nigeria

Nigeria has a growing number of facilities and organizations dedicated to helping individuals struggling with gambling addiction. Here are some key resources:

1. **Federal Neuro-Psychiatric Hospital, Lagos:**
 - **Location:** 8 Harvey Road, Yaba, Lagos, Nigeria.
 - **Services:** This hospital provides a range of mental health services, including treatment for gambling addiction. They offer counseling, therapy, and support groups tailored to individuals battling addiction.
 - **Contact:** +234 1 342 2586
2. **Synapse Services – Centre for Psychological Medicine:**
 - **Location:** Multiple locations including Abuja, Lagos, and Anambra.
 - **Services:** Synapse Services offers comprehensive mental health care, including treatment for gambling addiction. They provide individual counseling, cognitive-behavioral therapy (CBT), and addiction rehabilitation programs.
 - **Website:** synapseservices.org



- **Contact:** +234 813 869 0944

3. **Gracehill Behavioral Health Services:**

- **Location:** Plot 21, Prince James Umeji Crescent, Gwarinpa, Abuja, Nigeria.
- **Services:** Gracehill offers specialized treatment for various forms of addiction, including gambling. Their services include psychiatric evaluations, counseling, and personalized recovery plans.
- **Website:** gracehillbehavioralhealth.com
- **Contact:** +234 701 081 3320

4. **Olive Prime Psychological Services:**

- **Location:** Lagos and Abuja.
- **Services:** Olive Prime provides treatment for gambling addiction through individual therapy, group therapy, and support for co-occurring mental health issues like depression and anxiety.
- **Website:** theoliveprime.com
- **Contact:** +234 810 642 0225

5. **Mental Health Foundation Nigeria (MHFN):**

- **Location:** Nationwide (Online and phone support available).
- **Services:** MHFN is a non-profit organization offering support, counseling, and awareness programs for various mental health issues, including gambling addiction.
- **Website:** mentalhealthfoundationng.org
- **Contact:** +234 805 697 2224

Additional Support and Resources

In addition to these treatment centers, several organizations and helplines are available to provide immediate support:

- **Lifeline Nigeria:**
 - **Service:** 24/7 helpline for those struggling with addiction, including gambling.
 - **Contact:** +234 1 700 0000
- **Gambling Therapy:**
 - **Service:** An online global service offering advice and support to those affected by problem gambling.
 - **Website:** gamblingtherapy.org

Steps to Take if You Need Help

1. **Acknowledge the Problem:** Recognizing that you have a gambling problem is the first and most crucial step towards recovery.
2. **Reach Out for Help:** Contact one of the treatment centers or helplines listed above. The sooner you seek help, the better your chances of recovery.
3. **Participate in Treatment:** Engage actively in counseling, therapy, and any recommended treatment programs. Recovery is a process, and professional support can make a significant difference.



4. **Build a Support Network:** Surround yourself with supportive friends, family, or peers who understand your journey and encourage your progress.

Conclusion

Gambling addiction is a serious issue, but it's important to know that help is available. If you or someone you know is struggling with gambling addiction in Nigeria, don't hesitate to reach out to one of the many treatment centers or support organizations. Recovery is possible, and taking the first step could change your life.