



# Pelivoimapiiri (Gambling Power Circle)

**Support via SMS and the Internet for  
problem gamblers and their concerned others**

**Tiia Ruokosalo**

project coordinator

Päihdelinkki – Addictionlink

**[www.paihdelinkki.fi](http://www.paihdelinkki.fi)**

A-Clinic Foundation





# Gambling Power Circle –service (GPC)

Nationwide SMS service for problem gamblers and their concerned others

- Offers **information and support via SMS and the Internet**
- Provided by the A-Clinic Foundation and the Peluuri Gambling Helpline
- **A low threshold for seeking help:** anonymous, free of charge and confidential
- Available **everywhere and all times**
- The GPC -SMS service offers a new perspective to self-help, peer support and professional help
- The service may further recovery and support self-motivated change or other treatments
- The GPC can also encourage in finding suitable treatment and services elsewhere



# Gambling Power Circle –service (GPC)

Nationwide SMS service for problem gamblers and their concerned others

## The project

- **Funded by** the Finnish Slot Machine Association and Peluuri
- **Partners/Steering group:** National Institute for Health and Welfare, A-Clinic of Espoo, EOPH, Gambling Clinic, Social Pedagogy Foundation.
- **Technical partner** Kuulalaakeri Oy (The Head corporation is Sonera)
- **Objectives:**
  - 1) To produce the GPC-service and to develop it as an information and support providing service
  - 2) To prevent and decrease gambling related harms
  - 3) To embed the service as a permanent part of the Peluuri Gambling Helpline's other services



## The GPC offers

### Peer support

- Peer discussion forums: peer support groups and peer groups guided by the professionals
- Group messages
- Private messages

### Counselling service

- Professional help and support via private messages

### Self-help

- Reminder messages that members can create and send for themselves
- Support messages written by professionals
- Information messages about services

### Home page

- [www.pelivoimapiiri.fi](http://www.pelivoimapiiri.fi)

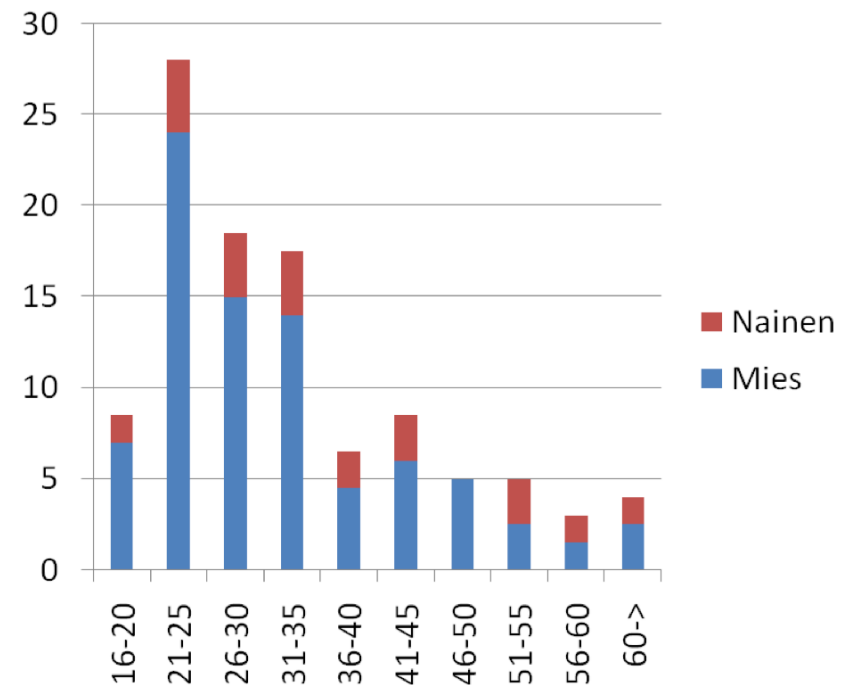
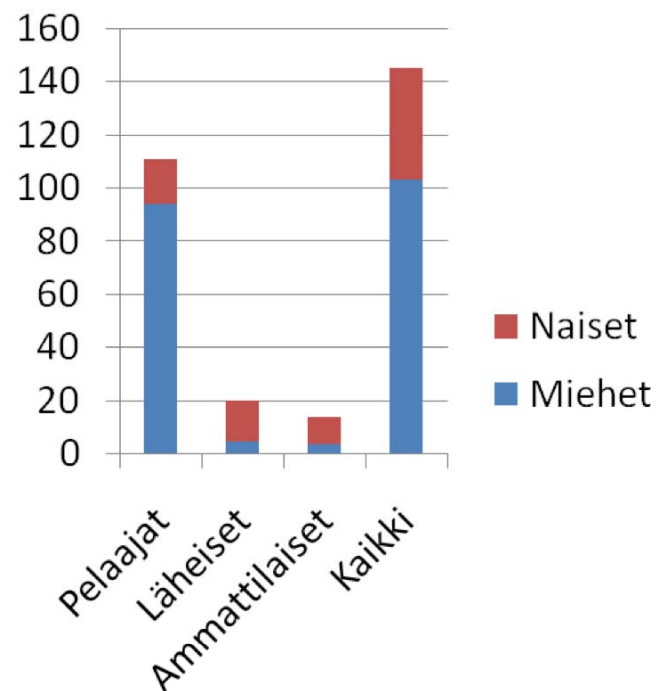


# GPC members

1.9.2009 – 31.8.2010 (12 kk)

- 216 registered members
- currently 175 active members

- Age groups  
(red=female, blue=male)







# Statistics

- 76 000 messages sent in one year (sept 09-sept 10), approx. 6 000 sent messages per month
- 75 % of messages are sent via internet, only 25% by mobile phone
- 31 % of the messages are private messages, 43% group messages and 26 % others (reminders, support and counselling messages)

For more information, please contact:

**Annina Aaltonen**

project coordinator

A-Clinic Foundation

phone +358 50 574 6215

[annina.aaltonen@a-klinikka.fi](mailto:annina.aaltonen@a-klinikka.fi)

## VAHVISTU PELIVOIMAPIIRISSÄ

Oletko huolestunut omasta tai läheisesi rahapelaamisesta?  
Saat tietoa ja tukea tekstiviesteillä ja internetissä

### Tukimuodot:

- Vertaistukiryhmiä
- Oma-apuviestejä
- Neuvontapalvelu



### Liity palveluun

#### Lähetä tekstiviesti:

pvp liity nimimerkkisi  
postinumerosi  
numeroon 18252

#### Liity netissä:

[www.pelivoimapiiri.fi](http://www.pelivoimapiiri.fi)

### PALVELUN TARJOAVAT

A-KLINIKKASÄÄTIÖ  
JA PELUURI OSANA  
PELIVOIMAPIIRI-HANKETTA.

### yhteydenotot:

[voimapiiri@a-klinikka.fi](mailto:voimapiiri@a-klinikka.fi)



**Luottamuksella, maksutta ja nimettömänä. Ajasta ja paikasta riippumatta.**