

**Forces - Linking Alcohol and/or Gambling with Support Services**



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# F.L.A.G.S.

**Forces - Linking Alcohol  
and/or Gambling with  
Support Services**



**Need support with alcohol  
and/or gambling difficulties?**

**Telephone Leanne on:  
07851 721 438**

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Registered Charity No: 1043664;  
Housing Association No: LH4337

A Company Limited by Guarantee and Registration  
in England No: 3009700

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## About Us

The Forces Linking Alcohol and/or Gambling with Support Services (known as F.L.A.G.S.) is delivered by an independent charity organisation, The Society of St James. This local agency specialise in supporting people in making their lives better and have expertise in behaviour change interventions.

We are an independent service funded by the Royal Navy and Royal Marine Charity (RNRMC). Our aim is to provide a private and confidential service to support current serving personnel who may be experiencing difficulties with alcohol and/or gambling.



## We Offer

At Forces Linking Alcohol and/or Gambling with Support Services (F.L.A.G.S.), we provide advice and interventions for serving personnel who are experiencing difficulties with alcohol and/or gambling.

This leaflet tells you about the services that we provide. All our services are free of charge.

Within the forces we understand the difficulties that you are experiencing are of a sensitive nature. Our aim is to provide a private service to all who need our support.

One to one sessions with a specialist support worker are confidential. Information about you will only be shared with your permission, or if a significant risk of harm to yourself or others is of concern.



## What can you expect from F.L.A.G.S.?

We can offer you specialist interventions and advice depending on your needs and circumstances which may include;

- **Low level counselling**
- **One to one support sessions**
- **Alcohol and/or Gambling brief Interventions**
- **Self assessment toolkits**
- **Online workbooks**
- **Financial advice**
- **Unlimited access to Aftercare**

All services can be offered on or off base, at your home or via telephone or email.