East Midlands Adult Support Service



How gambling related harm occurs

- Gambling related harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society.
- Gambling can be seen as taking place on a dynamic continuum, from 'in control' to 'increased risk' to 'harmful'.
- People may start to gamble as a means of escape, either from trauma, past or present, or through loneliness and isolation often due to a loss, poor mental health or financial difficulties.
- People who gamble harmfully are often able to keep it very concealed; there are no obvious signs and symptoms for others to pick up on and so it is important to...

Start the conversation!

The impacts on all affected by gambling harms

- People who gamble and those affected by someone else's gambling are all likely to experience multiple gambling-related harms
- Guilt and shame are significant for those affected by gambling-related harms
- Identifying impacts associated with gambling can be very difficult as there are few visible signs, so it remains hidden
- On average, 6-10 people experience gambling harms as a result of someone else's gambling

Start the conversation!

GamCare support services

- **GamCare East Midlands** provides FREE support for those who gamble and those affected by someone else's gambling. **East.Midlands@Gamcare.org.uk or use QR code over the page**
- **GamCare website www.gamcare.org.uk** this is full of helpful information including treatment, self-help tools, gambling related financial harms for example
- National Gambling Helpline 0808 8020 133 Freephone number available 24/7 for anyone to call and seek help with any aspect of gambling related harms
- **Webchat** this is an online version of the helpline and can be accessed through the website, often those who need extra confidentiality access this support **www.gamcare.org.uk/netline**
- **Forum** an online message board available via our website providing a safe and secure space for users to share experiences, thoughts and feelings about gambling harms
- **Chat rooms** again available via our website, the chatrooms are run regularly where users can use live text chat to discuss issues related to gambling. They usually run for around 60-90 minutes and may have specific themes
- **Empower Me** a self-guided support tool designed to help you on your journey to stop or reduce your gambling. The eight different sections of the programme explore different areas of your recovery journey and have been developed alongside people with their own lived experience of gambling harms.

Remember... start the conversation!

GamCare

GamCare and its partners are part of:



Gambling related harms can have significant negative impacts, which affect the person who gambles and others. Asking questions about gambling may increase the likelihood of someone seeking support, now or in the future



Assess your availability of time and capacity to support the client, applying steps 1-7 as appropriate. Be empathic, respectful and non-judgemental. Convey optimism and encourage positive change.

Initial Intervention

(For example, when you only have limited time to spend with the client)

 Reassure that support is available for all provide information & resources www.gamcare.org.uk

2. Refer to East Midlands Adult Support Email - East.Midlands@Gamcare.org.uk or use QR code

3. Signpost to gambling support

The National Gambling Helpline, which is freephone and open 24 hours a day 365 days a year

0808 8020 133 or via web chat at www.gamcare.org.uk



Additional Support

(For example, when you have more time to help them further)

4. Complete a short screening tool, such as the GAST-G

In the last 12 months have you:

- Bet more than you could really afford to lose?
- Been criticised for your betting, or been told that you have a gambling problem?
- Felt guilty about the way you gamble, or what happens when you gamble?
- Been affected by someone else's gambling?

5. Deliver a Brief Intervention (a short, focused conversation)

We can provide free training for any professional on how to do this

If you have more time

6. Support the client to complete the GamTest

(an extended self-assessment screening tool) instead of conducting the GAST-G GamTest is available on **www.gamcare.org.uk/self-help/self-assessment-tool/**

7. Proactively support the client in accessing and following treatment