

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!

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

GamCare and its partners are part of:



