



Gambling Support Guide



CONTENTS

Definitions.....	3
Signs & Symptoms	4
Types of Gambling	4
Conversation Starters	5
Addiction & Behaviours	6
Signposting.....	7



Definitions

Addiction - Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you

Compulsive Gambling - Compulsive gambling, also called gambling disorder, is the uncontrollable urge to keep gambling despite the toll it takes on your life.

Gambling - The betting or staking of something of value, with consciousness of risk and hope of gain.

Gamblers Fallacy – The Gambler’s Fallacy is an error in reasoning where individuals believe that the outcome of a random event is more likely to occur or not occur based on the outcomes of previous, unrelated events. This mistaken belief ignores the true randomness of the events and can lead to misguided decisions and predictions.

Example – If a person flips a coin and it lands on heads five times in a row, a person who falls into the gambler’s fallacy trap may believe that the next flip is more likely to result in tails but in reality, each coin toss remains independent with a 50/50 chance of heads or tails regardless of previous outcomes.

Gambling related harm - Gambling to a degree that compromises, disrupts or damages family, personal or recreational pursuits.

Problem Gambling - Problem gambling (sometimes referred to as “gambling addiction” or “gambling disorder”) is gambling behaviour that is damaging to a person or their family, often disrupting their daily life and career. Anyone who gambles can be at-risk for developing a gambling problem. Gambling disorder is a recognized mental health diagnosis.

Recovery - process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Conversation Starters

Planning for the conversation:

- Find space to discuss the issue.
- Separate the topics of gambling and gaming from other points of discussion.
- Focus on the behaviour of the harm and the impact that this is having on their lives.
- Be curious and empathetic.
- Understand and respect their privacy.
- Reassure them that you are there to support when they are ready.

Initiating the conversation if you feel concerned for someone else:

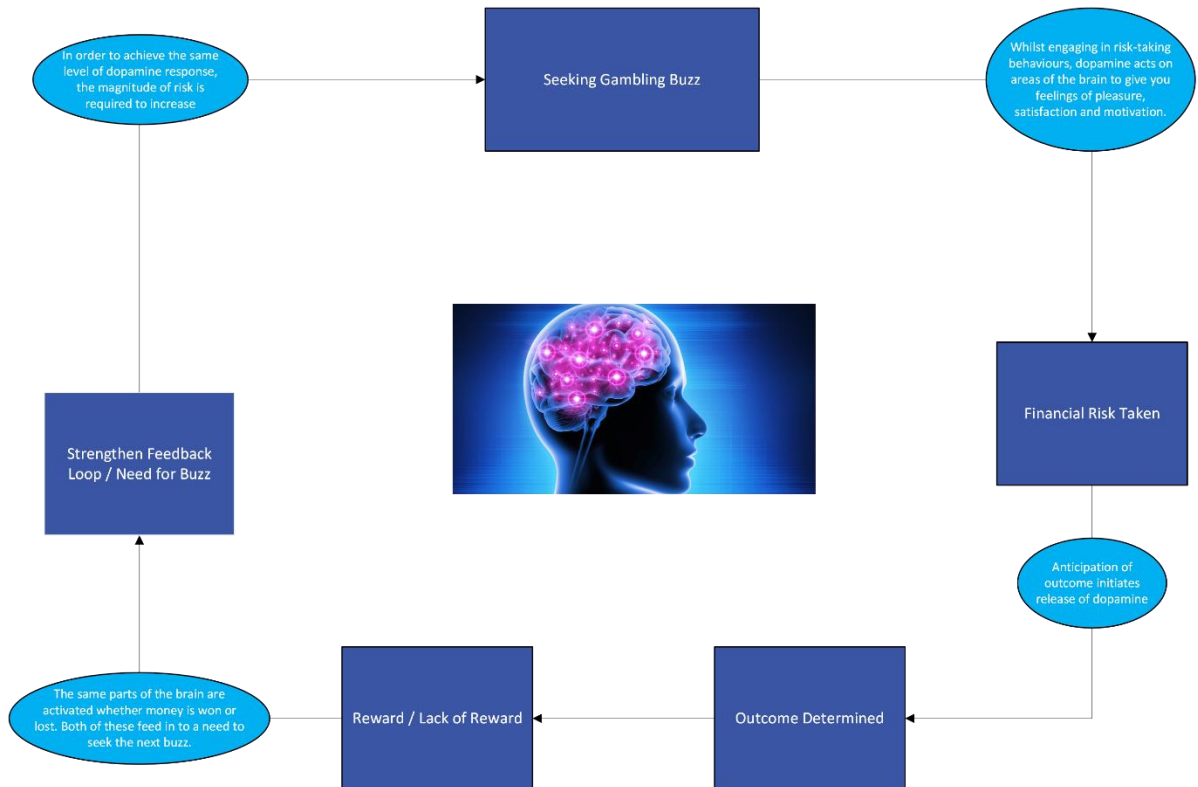
- “I can see you’re not happy at the moment. Is there anything you want to talk about?”
- “Are you okay, you don’t seem like yourself at the moment?”
- “I’ve noticed you’ve been gambling a lot recently, is everything OK? Is there anything I can do to help?”
- “Do you feel your gambling might be moving into something less enjoyable?”
- “Do you want to talk about how you’re feeling about your gambling?”
- “That must be quite difficult, sometimes it’s easier to talk to someone you don’t know about things that are bothering you, I’m happy to help you find out what you can do about it.”

Initiating the conversation if you feel concerned for yourself:

- “I started playing this game, and it’s really easy to lose track of everything else. Do you ever get that?”
- “These games really follow me around, the adverts and notifications are everywhere. What do you think I should do about that?”
- “How would I even know if I’m gambling a bit too much?”
- “I’ve not been feeling like myself lately.”
- “I’m finding it hard to cope at the moment.”
- “I feel as though I’m maybe losing control of how often I’m gambling?”

Addiction & behaviours

Dopamine is commonly associated with temporary pleasure; the neurotransmitter is linked more to 'wanting' than 'liking'. It makes you want to do the 'thing' again and is often mistaken for making you feel good or happy, instead it is connected to a craving sensation. Once an individual experiences a dopamine release, they may feel a sense of euphoria or discomfort, this will drive the individual to complete the action again, taking a larger risk to try and reach the same levels of dopamine.



Signposting.

Aquarius	www.aquarius.org.uk
Ara - Recovery 4 All	www.recovery4all.co.uk
Bet No More UK	www.betknowmoreuk.org
GamCare	www.gamcare.org.uk
Neca	www.neca.co.uk
Beacon	www.beaconcounsellingtrust.co.uk/gambling-related-harms

For further information around self-exclusion





Contact

The Welfare Team on 0121 756 9578
or email: qahe.welfare@qa.com

We have more information and a range of useful guides
on our website: www.qahighereducation.com/welfare