



GAMBLING SUPPORT GUIDE

Start reading...



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A photograph in the top right corner shows a man and a woman looking at a screen. A camera is mounted on a stand above them, pointing down at the screen. The man is on the right, wearing glasses and a grey jacket, and the woman is on the left, wearing glasses and a patterned sweater. They appear to be in a professional setting, possibly a courtroom or a research lab.

Addiction – not having control over doing, taking or using something to the point where it could be harmful to you.

Gambling – betting with or staking of something of valuable, knowing there is a risk, with the hope of winning something.

Compulsive Gambling – a type of gambling disorder where there is an uncontrollable urge to keep gambling despite the toll it takes on your life. Anyone who gambles are at risk of a gambling disorder. Gambling disorders are recognised as a mental health diagnosis.

Gambler's Fallacy – a term to describe when a person incorrectly believes that the outcome of a random event is more likely to occur or not occur based on the outcome of a previous random event.

For example: flipping a coin has a 50/50 change of landing on heads or tails. The gambler's fallacy would suggest that if the previous flip had resulted in tails, it is more likely the next will be heads, but this is not true as the likeliness remains 50/50.

Gambling Related Harm or Problem Gambling – when gambling negatively effects your family, career, personal life, hobbies or mental health.

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

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Spotting the signs

These are all signs that can show that someone's gambling is becoming a problem:

- Academic issues
- Becoming withdrawn
- Being secretive
- Borrowing money
- Becoming obsessive about the digital world
- Downplaying the frequency that gambling is occurring
- Health issues
- Lack of trust
- Losing interest in hobbies
- Lying
- Neglecting other responsibilities
- Not having any money
- Relationship breakdowns
- Neglecting themselves

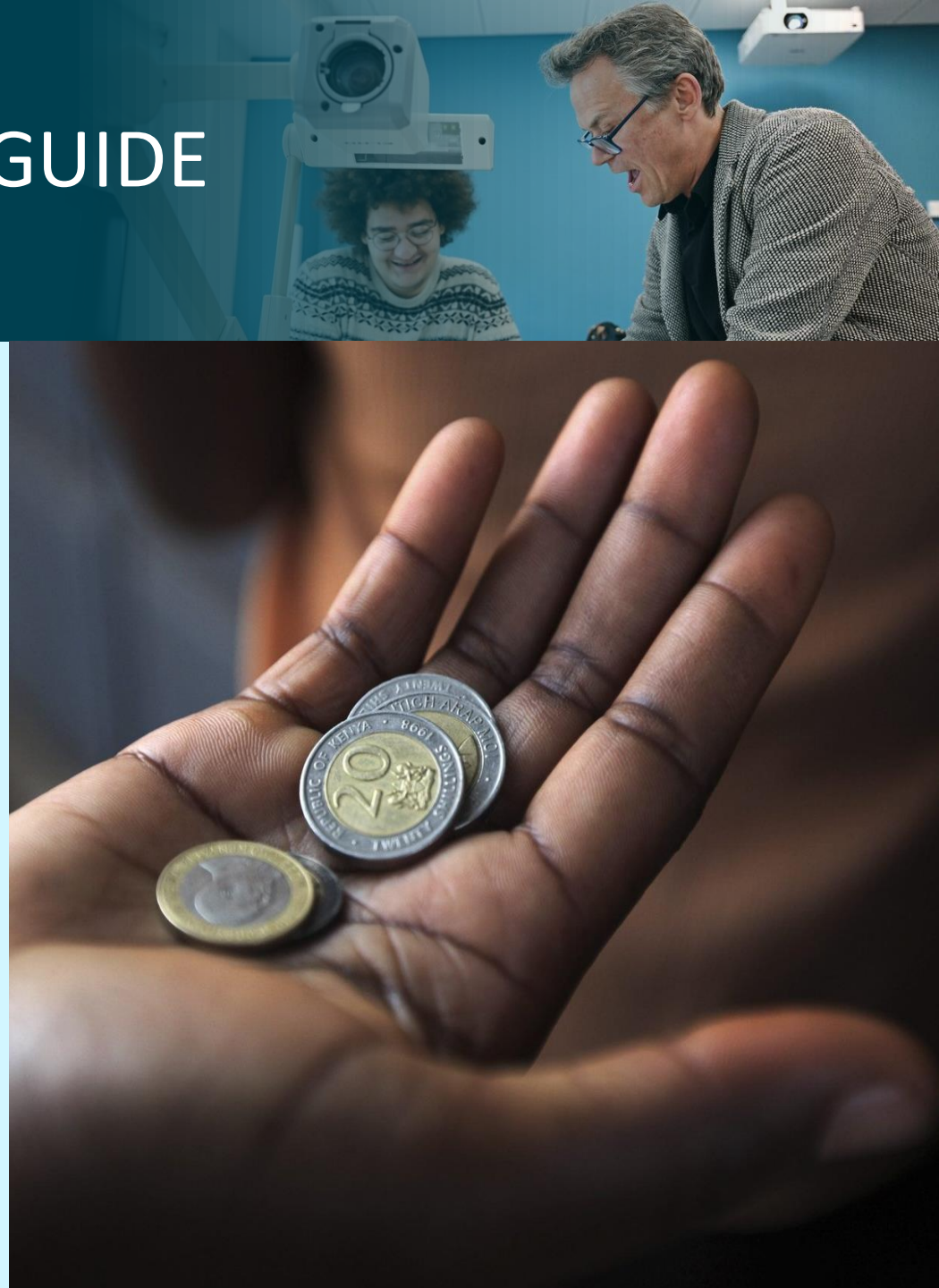


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Conversation starters: let's talk about gambling

If you feel concerned about someone who you know is gambling and wish to discuss it directly, here are some pointers for having the conversation.

- Find a safe, comfortable, private space to discuss the issue.
- Separate the topics of gambling and gaming from other points of conversation.
- Focus on the behaviour of the harm and the impact that is having.
- Ask questions and listen to the response. Try to be empathetic.
- Understand and respect privacy.
- Reassure the person you are there to support when they are ready and there are other support services they could use.



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Ideas for starting a conversation if you are worried about your own gambling

- '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?'

Ideas for starting a conversation if you are worried about 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 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 you find out what you can do about it.'

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Addiction and behaviours

Dopamine is a chemical that your body releases that affects your brain. It can create feelings of pleasure and often makes you want to do an action again – often this action needs to be increased to achieve the same level of dopamine that you have previously experienced and crave.



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Signposting

If you, or someone you know, needs support with gambling there are a number of charities and organisations that can help.

GamCare	Provides information, advice and support for anyone affected by gambling harms	Call: 0808 8020 133, open 24/7 WhatsApp Chat: 020 3031 8881	Gamcare.org.uk
Gamble Aware	Free advice tools and support to help keep people safe from gambling harms	Call: 0808 8020 133, open 24/7	Gambleaware.org
Gamblers Anonymous	In person and online meetings across England Wales and Ulster	National information line: 0330 094 0322	Gamblersanonymous.org.uk
Chapter One	Find information that will Help you understand the Causes of gambling harm, and where to access the right help	N/A	Chapter-one.org