



ARE YOU WORRIED ABOUT GAMBLING?

Self Help Guide

GAMBLING HARMS



Gambling Related Harms (GRH) are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society. Gambling addiction is now a recognised mental health and wellbeing disorder and the widely accepted term used to describe this is a gambling disorder

Markers of Harm:

Health – stress, depression, anxiety, emotional or psychological distress and general poor health

Financial – signs of financial hardship, debt or even bankruptcy

Family problems – relationship breakdown, neglect, violence or domestic abuse

Work & Study – loss of employment, absenteeism or poor performance at work or study

Criminality – instances of dishonesty related crime to fund gambling or an offence being committed as a result of how gambling has made them feel

Housing – rent/mortgage arrears and in the more extreme cases homelessness

Missing person – the reason for an unexplained disappearance could be due to gambling related harms

Suicide and suicidality – Public Health England estimate that there are over 400 gambling related suicides each year in England alone. It is important that this is measured across the whole of the UK

GAMBLING RELATED HARM

Recognising the Signs

Are you or someone you know at risk of developing a gambling disorder?

If you/someone you are concerned about answers yes to three or more of the following questions then it is likely you/they are demonstrating signs of having or developing a gambling disorder.

1. Have you gambled more than you could really afford to lose?
2. Have you needed to gamble with larger amounts of money to get the same feeling of excitement?
3. Have you gone back on another day to try to win back the money you lost?
4. Have you borrowed money or sold anything to gamble?
5. Have you felt that you might have a problem with gambling?
6. Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true?
7. Have you felt guilty about the way you gamble or what happens when you gamble?
8. Has gambling caused you any health problems, including stress or anxiety?
9. Has your gambling caused any financial problems for you or your household?



Source The Problem Gambling Severity Index (PGSI) is the standardised measure of at-risk behaviour in gambling related harms. It is a tool based on research on the common signs and consequences of a gambling disorder.

For further details please
scan QR code or visit
www.gamfam.org.uk/scotland-pilot

TYPES OF HELP AND SUPPORT

Individual Support:

To assist individuals and their families suffering from or at risk of gambling related harms. This can be through specialised support such as gambling addiction Cognitive Behaviour Therapy (CBT), as well support for those with mental health problems such as depression, anxiety, trauma and suicidal feelings.

Peer Support:

This provides those directly in recovery or their affected others an opportunity to seek help and support from those who may have the same or very similar experiences.

Practical Support:

Barriers such as gambling blocking software, plus a range of strategies can be used in conjunction with self-exclusion options. Financial controls are also important, not only for the person in recovery but for their affected others too.

Support Services:

There are specialised support services available to support immediate gambling related issues such as debt, welfare, housing, employment and the subsequent longer term gambling legacy harms.

Local GP:

Please consider either speaking to or visiting your local GP practice. They can help with any associated medical conditions linked to how gambling is making either you or the individual concerned feel. They may also have details of any local specialised treatment or other types of support options.



SEEKING HELP AND SUPPORT

The following services and organisations offer various types of support and are there to assist individuals, their families & friends and any frontline professionals that have been impacted by gambling related harms.



NHS Scotland: The NHS Inform website offers advice and guidance relating to gambling harms and contains a range of resources and signposting to services that are available www.nhsinform.scot



Samaritans: When life is difficult, Samaritans are here to listen. Call free anytime on 116 123 or visit www.samaritans.org



Breathing Space: For anybody who is experiencing low mood, depression or anxiety www.breathingspace.scot



RCA Trust: Provides a free and confidential counselling service for individuals suffering from GRH www.rcatrust.org.uk



GamFam: GamFam provide advice and support to those directly and indirectly affected by gambling harms through structured Peer Support. Our groups are free of charge and run via Zoom. #YouAreNotAlone. www.gamfam.org.uk



Gamblers Anonymous: Peer support for those affected by gambling harms www.gascotland.org



Gam-Anon: Peer support for those affected by the gambling of another www.gamanonscotland.org



Citizens Advice Scotland: The Citizen Advice network in Scotland provides free, impartial, independent and confidential advice and can help with money and debt issues. Find your local CAB or check online at www.cas.org.uk



Gambling with Lives: Supports families who have been bereaved by gambling related suicide www.gamblingwithlives.org



PRACTICAL GAMBLING BLOCKS

Practical barriers are an essential tool to both prevent and support those in recovery from a relapse and to also help affected others support their family member. Barriers are much more effective when used in conjunction with one another to provide a more robust set of support strategies.



Gamban

Gamban

Is an online tool that blocks access to gambling apps and sites across several devices. Gamban is available for free at www.gamban.com/talkbanstop



GAMSTOP

Helps you control your online gambling. It is a simple, quick and free way to block yourself from all gambling apps and websites licensed in Great Britain for a time of your choosing. www.gamstop.co.uk



Multi Operator Self Exclusion Scheme (MOSES):

Allows people to self-exclude from betting shops, generally ones close to their homes, place of work or where they socialise. The scheme is based on people submitting photos that can be shared with operators to help staff recognise someone who has self-excluded www.self-exclusion.co.uk



Bank Blocking

Many banks now offer the ability to limit spending on gambling by blocking an account or card from being used for gambling. Visit your bank's website, call them or visit your local branch for more details.