

# Gambling Support Service

## Gambling harms



BeGambleAware.org<sup>®</sup>





**Gambling** is a Pastime for some people, but it is an Addiction with Harmful outcomes for others.

It is associated with higher financial distress and lower financial inclusion and planning.

**Less** affluent areas have the highest level of Betting Shops per Square Meter than the more affluent areas.

**Outside** of London—Glasgow has the highest number of Gamblers per head of population, and Glasgow has the highest number of Bookmakers per head of population in the United Kingdom.

# Types of gambling

The Gambling Commission, which regulates the industry, categorizes different gambling activities into sectors:

- > Arcades
- > Betting
- > Bingo
- > Casino
- > Lotteries
- > Gaming machines

Find out more about consumer protection and how gambling is regulated at [www.gamblingcommission.co.uk](http://www.gamblingcommission.co.uk)



@GamRegGB



50% of all gambling addiction in the UK is now associated with Online Casino Gambling/Slots.

86% of online Gambling industry profits come from the 5% highest spending (losing) gamblers.

Addiction Rate for Gambling is 50%. Heroin is 20%-30%, and Tobacco is 30%

Gambling is the INVISIBLE Addiction with a very low likelihood of self-disclosure.

# Who is gambling?

Approximately half the population gamble;  
the industry is very profitable.

In 2018/19 the gambling industry made:



**£14.4  
billion**

# Citizens Advice - Out of Luck report findings

Nearly 4 in 5 (78%) of the gamblers used their wages to fund their betting. This meant they often used money that should have paid other essential household costs for themselves and their family.



"At the time I risked everything; I risked rent, money for bills & petrol. There's been several instances where I've been paid, so that's a month's wage gone in, that's obviously got to pay rent, bills, food, petrol, living expenses for a month, and I've blew it in an hour."

[current male gambler with losses of over £100,000]



"He manipulated me over and over again, and that was very difficult. I look back and I was emotionally abused and manipulated with finances, really, all so he could just carry on with what he wanted to do with his life and his addiction."

[Female partner of a gambler with two children]



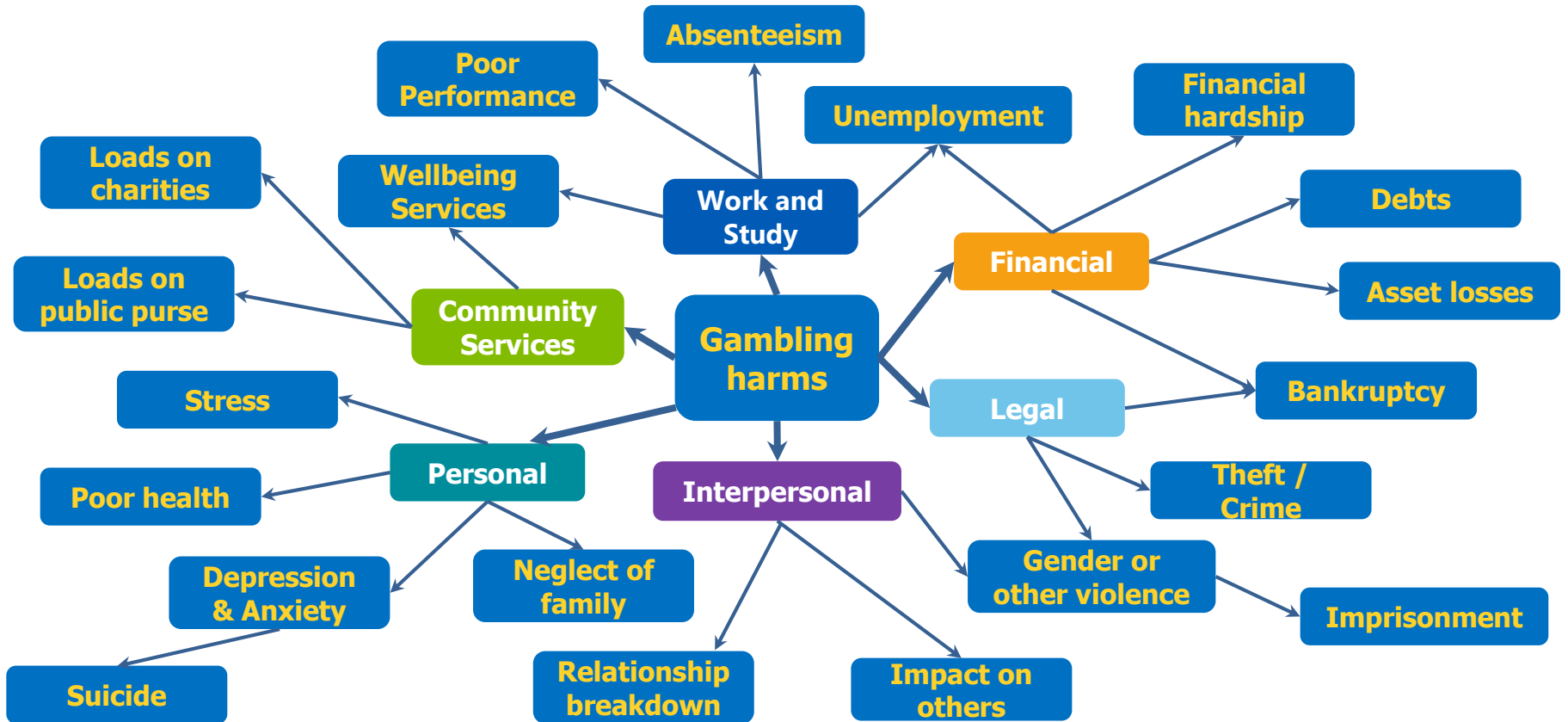
## Awareness of Gambling Harm;

Most people are unaware of the impact & reach of Gambling Harm in all areas of a Gamblers life. How it impacts on Relationships, Work, Finances, and Health.

1<sup>st</sup> Responders & other services screen for Drugs & Alcohol, but do not screen for gambling harm.

There is a lack of visible pathways to refer for help, support & treatment.

# Gambling harms





# What is the cost of gambling harm?

## Health cost

primary care (mental health) services,  
secondary mental health services, and  
hospital inpatient services

## Welfare and employment costs

cost of benefits claims and lost income tax  
receipts

## Housing costs

statutory homelessness applications

## Criminal justice costs

prison sentences

**Estimated costs of  
between  
£260M and £1.16 B for  
the UK as a whole**

**Strong moral and  
economic case for  
tackling gambling related  
harm**

Institute of Public Policy Research (IPPR)



## Gamblers of Tomorrow;

Children are being groomed to be the Gamblers of Tomorrow with 140,000 families currently 'living a nightmare'

Children are subject to Learned Behaviour & Peer Pressure.

Loot Boxes & Skins, which allow players to spend money on in-game rewards such as special characters or equipment, without knowing what they will get must also be regulated as a gambling product.

The compulsory inclusion of gambling harm in PHSE lessons in schools is currently only in England.

The NHS Long-Term Plan to open its first gambling clinic for children and young people was greatly welcomed, however, the opening of a new clinic for young people is in London as part of an expansion of NHS services across England, with none in Scotland. There are currently no clear Pathways within the NHS for those suffering Gambling Addictions in Scotland.



**The** number of Child Gambling Addicts in the UK has remained stubbornly high, leaving tens of thousands of families 'living a nightmare'.

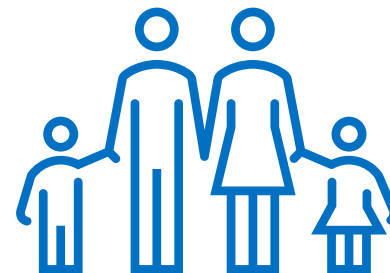
140,000 children aged between 11 and 16 have, or risk having, a gambling problem.

Of the 140,000, some 55,000 have a gambling addiction – a figure that has quadrupled since 2016.

More than one in ten 11 to 16 year-olds – about 350,000 – have gambled their own money in the past week, betting an average of £17 each.

# Support for Affected Others

- [National Helpline](#) and [GamCare](#) network available -
- [GamFam](#) good advice on the website and virtual meetings
- Affected others [BeGambleAware](#)
- Support groups such as [GamAnon](#)
- [RCA Trust](#) offers couples and family counselling
- Financial and debt advice from [Citizens Advice Scotland](#)
- Relate
- Women's Aid
- Talk to family, friends and professionals.



# National Gambling Treatment Service

A network of organisations which deliver the most appropriate package of care for those experiencing problems with gambling, or those affected by someone else's gambling. Providing free treatment across Great Britain.

- **The National Gambling Helpline** 24/7 on free phone 0808 8020 133
- **GamCare**: one to one treatment - online, face to face or on the phone, website for live chat, chat rooms and self help modules
- **BeGambleAware.org**: website for advice and to speak to an adviser through live chat.
- **RCA Trust**: counselling: one to one, couples and families plus group meetings.
- **Gordon Moody** residential treatment, recovery housing and retreat counselling programmes.



## Agencies and Organisations;

Sourcing organisations that work with & assist vulnerable people can be daunting for some. Going online and trying to find who can help with all the different social issues & Specialist Support can be overwhelming.

Easily accessible information confirming who does what, for everyone, needs more cohesion. Although steps are being taken to bring all this information together, it does need more partnership working and promotion.



# A new strategy to reduce gambling harms

- The Gambling Commission launched the new National Strategy to Reduce Gambling Harms in April 2019
- 3 year strategy to drive and coordinate work to bring a lasting impact on reducing gambling harms
- Bringing health bodies, charities, regulators and businesses together in partnership to effectively tackle the issue

# Strategic priority areas

- 1. Prevention and Education** – making significant progress towards a clear public health prevention plan which includes the right mix of interventions
- 2. Treatment and Support** – delivering truly national treatment and support options that meet the needs of users.





# The Gambling Support Service

**Raise  
awareness**

**Deliver  
training**

**Help you  
help your  
clients**

# Learning outcomes

**Describe the impact of gambling in our communities**

**Understand what harms gambling can cause**

**Identifying gambling harms**

**Inform and advise about gambling harms**

**Refer clients to specialist help**

**Record gambling harms**

# What can you do to help?

Make every contact count (MECC) – use the opportunity to have a meaningful conversation to improve the client's mental well-being and reduce health harming behaviour.

Have a short, purposeful, non-confrontational, personalised conversation with a person about an issue related to gambling.



# Thank you

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