



Working to minimise gambling-related harm

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Who We Are – What We Do

- Our mission is to support those affected by problem gambling through **advice and treatment**, and to minimise gambling-related harm through **education, prevention and communication**.
- We take a **non-judgmental approach to gambling**; we encourage safer gambling behaviour.
- Three main areas of work:
 - **support and treatment** for problem gambling;
 - risk reduction and **targeted outreach** for vulnerable groups;
 - encouraging **safer gambling practices**.



Gambling vs. Problem Gambling

Gambling is *to stake or risk money, or anything of value, on the outcome of something involving chance.*

Problem Gambling is *'an urge to gamble continuously despite harmful negative consequences or a desire to stop'.¹ DSM V*

Problem gambling is often defined by whether harm is experienced by the gambler or others, rather than by just the gambler's behaviour.



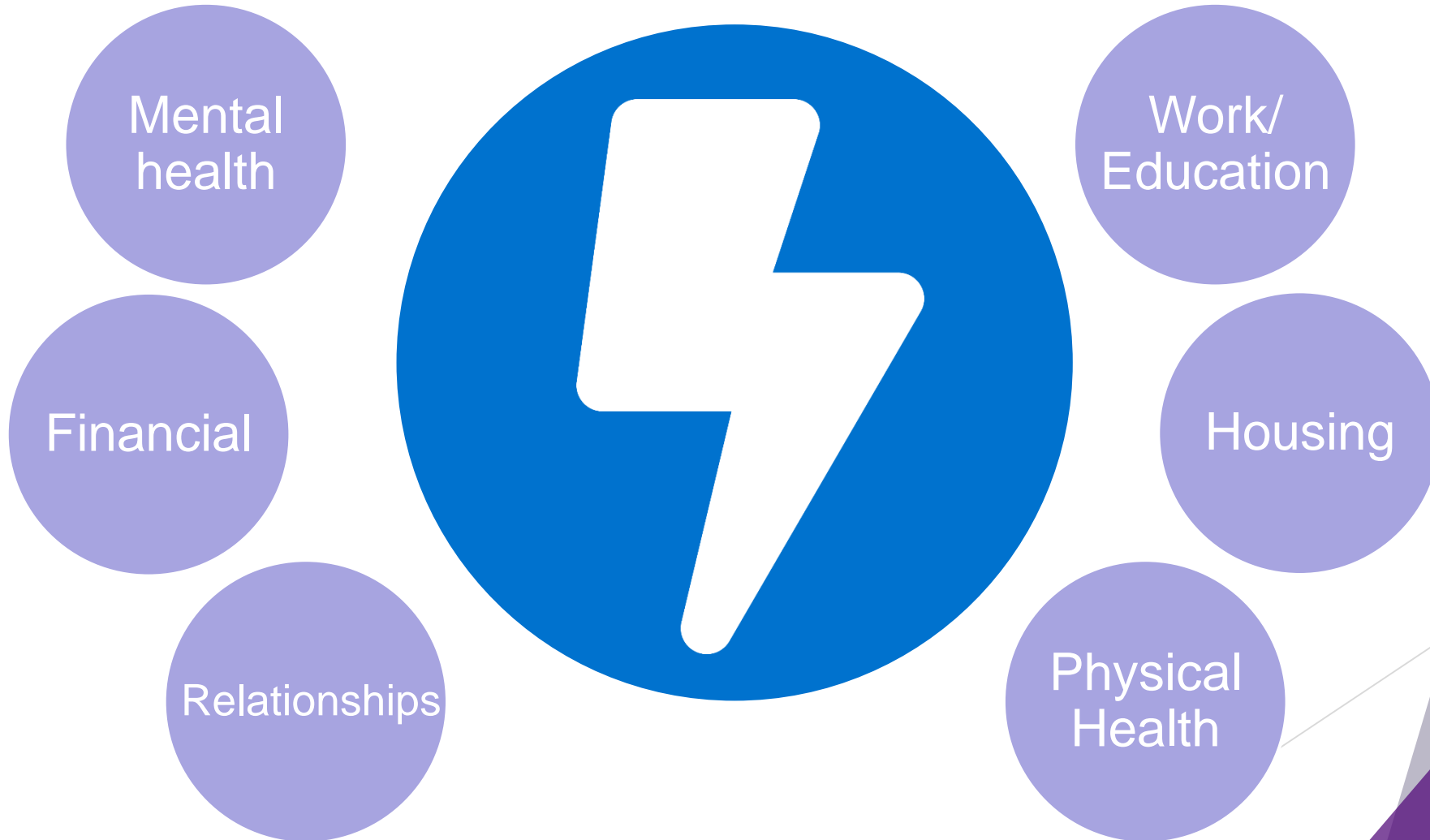
Gambling – A Continuum



Social	Moderate problem	Severe problem
Entertainment	Impacts on	Chasing losses
Social	time/relationships	No control
Spending limits	Over spending	Debt
Time limits	Lack of control	Relationship issues
Enjoyment	Some pre-occupation	Job impact/loss
		Preoccupation
		Suicidal thoughts



Impacts: gamblers & loved ones





Gambling Related Harms

(Safeguarding and Risk Indicators)

Mental Health

- Mood disorders
- Anxiety
- Shame
- Stigma
- Neurotic symptoms
- Suicidal ideation

Financial

- Debt
- Gambling on Credit
- Loan Sharks
- Criminality
- Spending family savings

Family Breakdown

- Isolation
- Divorce
- Absent Parenthood
- Safeguarding
- Neglect
- Abuse
- Violent Behaviour



Support and Treatment

National
Gambling
Helpline



Web Chat



Treatment



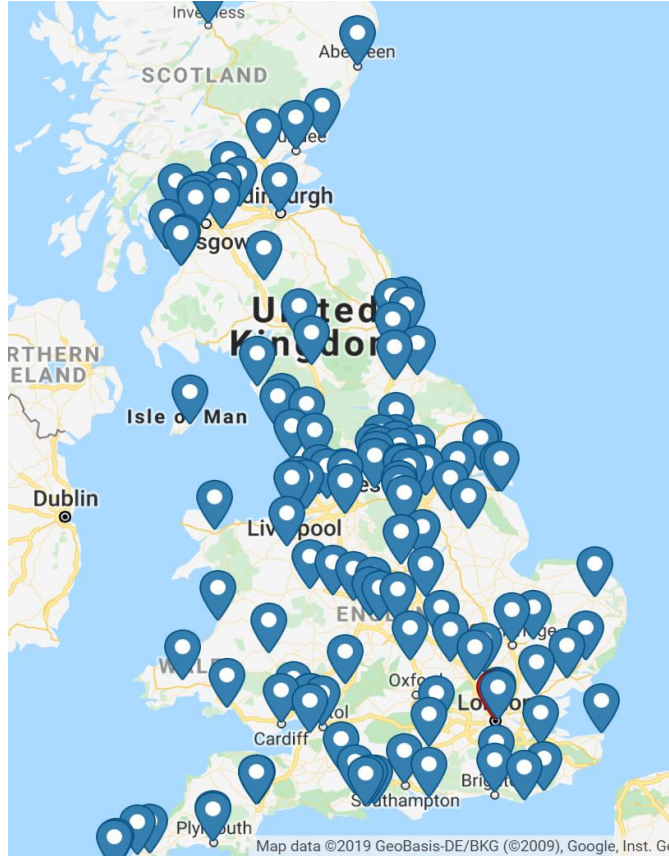
Chatroom



Forum



National Coverage



- We work with our partner network who deliver GamCare treatment services across England, Scotland and Wales, funded by GambleAware
- We're introducing a wider range of treatment services to reach more people – wherever they are on their journey –

Value of treatment

Average of all treatment completions in 2017/18

PGSI Scores

18.3

20

10

0

Start score

End score

4.16

CORE Scores

15.18

20

10

0

Start score

End score

6.42

Problem Gambling Severity Index

CORE-10 measures extent of common mental health problems



Referring to GamCare

The National Gambling Helpline is available 24-hours a day

Freephone 0808 80 20 133

Web chat via www.gamcare.org.uk

Find local treatment centres:

gamcare.org.uk/get-support/find-local-treatment/

Please ensure you have the patient's permission to refer them



Free support resources available

National Gambling HelpLine
Call Free: 0808 8020 133
Live chat via www.gamcare.org.uk

Help with a Gambling Problem
Find help and support today

National Gambling HelpLine
Call Free: 0808 8020 133
Live chat via www.gamcare.org.uk

Tools to help you stop gambling
Practical steps you can take today

National Gambling HelpLine
Call Free: 0808 8020 133
Live chat via www.gamcare.org.uk

Dealing with Gambling Debt
A guide for people affected by problem gambling and debt.

National Gambling HelpLine
Call Free: 0808 8020 133
Live chat via www.gamcare.org.uk

Problem Gambling: Support for family and friends
Practical information, ideas and support

GamCar GamCa GamC GamCare



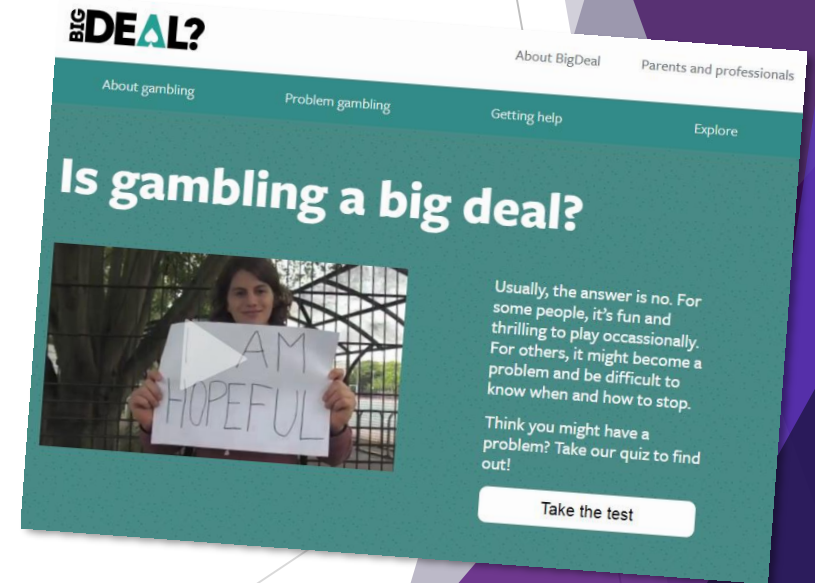
Women's Programme

- Only 1% of women affected by gambling harms seek help - national outreach programme to raise awareness and increase referrals
- Women are disproportionately at risk of impact of a partners gambling
 - Domestic violence perpetrated as a result of gambling
 - Financial abuse and other financial harms
- National Outreach programme
- Network of organisations engaged on the issue
- **Free training** for professionals



BigDeal – Youth Outreach

- ✓ Addressing lack of gambling-related education in schools
- ✓ 12% of young people have gambled in the last week according to Gambling Commission
- ✓ Active in eight regions covering the UK
- ✓ Free workshops for more than 9,000 young people so far
- ✓ Free training for youth professionals
- ✓ Information, advice and support at www.bigdeal.org.uk





Further information

National Gambling HelpLine

Freephone: 0808 80 20 133

www.gamcare.org.uk

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Women's Programme: marina.smith@gamcare.org.uk