NOWT



LEARNING OBJECTIVES





To recognise the signs of gambling-related harm



To understand the impact and harms for anyone suffering with an addiction to gambling



To acknowledge that gambling harm affects far more people than just the individual who gambles



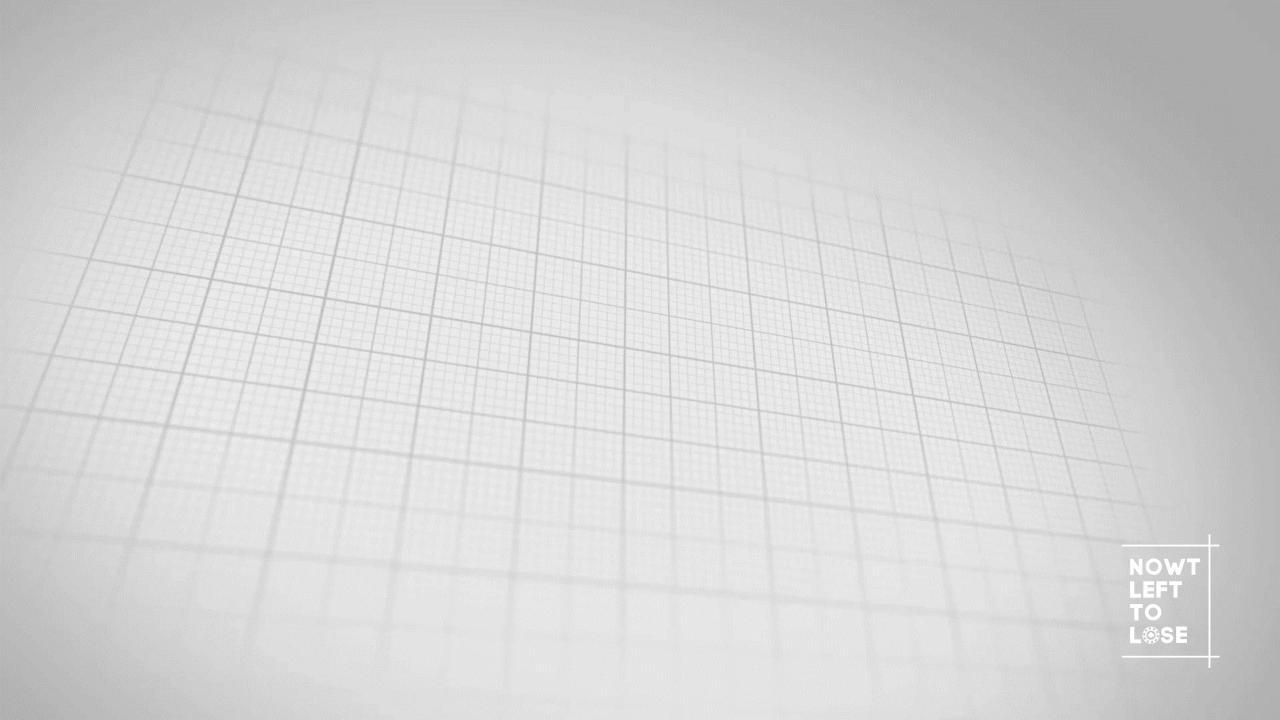
To identify where to get support for gambling addiction for yourself or a loved one



To learn more about gambling within gaming, especially loot boxes, skin gambling, and streaming



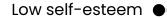
To identify where to get support for an unhealthy relationship with gaming



THE IMPACT



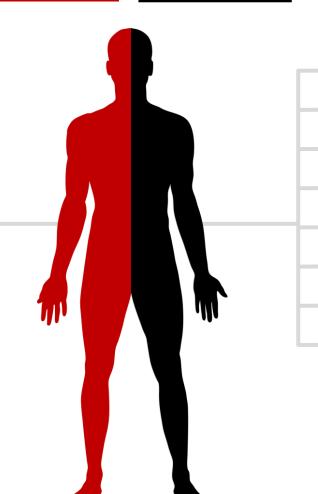
NOWT LEFT TO L@SE



- Stress •
- Anxiety •
- Substance misuse
- If not gambling, being consumed by thoughts about gambling
 - Self-harm
 - Tiredness (lack of sleep) ●
 - Angry and/or feeling on edge ●
- Nutritional problems (lack of appetite) •
- Internal conflict(shame, stigma, cultural etc.)
 - Physical health problems (lack of exercise)
 - Depression •
 - Suicidal ideation •
 - Poor mental health •
 - Poor hygiene (self-neglect)

INTERNAL

EXTERNAL



- Financial hardship / debt
- Breaking down of relationships
- Homelessness or housing difficulties
- Neglecting responsibilities
- Impact on loved ones and work colleagues (affected others)
- Increased likelihood of committing crime
- Isolation (not socialising)
- Poor performance at work / impact on career

NOWT LEFT TO L®SE



Relationship difficulties



Health problems



Emotional or psychological distress



Financial problems



Issues with work or study



Cultural problems



Criminal activity



Relationship difficulties



Health problems



Emotional or psychological distress



Financial problems





Issues with work or study



Cultural problems



Criminal activity

NOWT LEFT TO LOSE

