

# Gambling- Related Harms

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# What is Gambling?

Casinos

Sports betting

Slot machines

Poker

Online casinos

Bingo

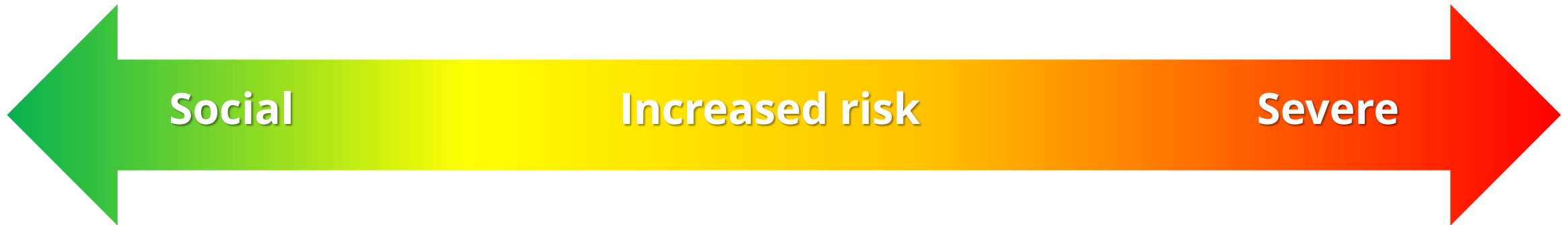
Amusement arcades

National Lottery

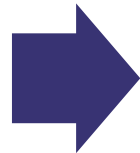
Fund raising – raffle,  
tombola, etc.



# The gambling continuum



Occasional  
Fun, entertaining  
Social (gambling  
with others)  
Sticking to spending  
limits



More frequent,  
diversifying  
Chasing losses  
Overspending  
Concealment  
Difficulty concentrating  
on other things  
More isolated



Borrowing money  
Criminal activity  
Constantly thinking  
about gambling  
Relationships at  
home/work starting to  
suffer  
Suicidal thoughts

Tier 1 – Brief Advice  
Tier 2 – Brief Intervention

Tier 3 – Structured  
Treatment

# Gambling and Cost of Living Crisis

In the last 12 months...	People experiencing gambling harms (PGSI score of 8+) (n= 181)	UK population (n= 4202)
Gone out to public places to avoid paying for heating	16%	5%
Used a food bank	8%	3%
Used a 'warm bank'	10%	1%
Considered using a food bank	14%	5%
Struggled to pay for groceries	20%	11%
Sought financial advice through Citizens Advice	17%	2%
Taken out a payday loan	8%	1%
Used debt charities for financial help	13%	2%

# Potential risk factors

**trauma, abuse,  
neglect**

**low self-esteem**

**using alcohol  
and/or drugs**

**peer problem  
gambling**

**low/high parental  
supervision**

**socio-economic  
vulnerability**

**social isolation**

**contact with the  
criminal justice  
system**

**early big win**

# Gambling-related harms

Loans, second mortgages, loan sharks, homelessness, coerced debt, unpaid bills, debt

Repossession, eviction, lost savings, gambling on credit, pay day loans, unemployment, theft, fraud, economic abuse

Poor performance at work, child-to-parent violence, family breakdown, domestic abuse, absence, violence, anger, physical and emotional neglect

Suicidal thoughts and actions, drug/alcohol use, activating past trauma, anxiety, depression, chronic stress, self harm, self neglect, physical health problems

**Resources**

**Relationships**

**Health**

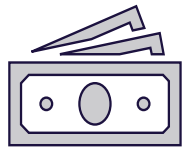
# Impacts on Affected others - Citizens Advice, 2018 (n=1500)



8-10 affected others per gambler



90% experience emotional distress  
>50% experience mental ill health



69% provide money to cover losses



33% families struggle to afford food/rent



33% households with children experience family breakdown

# Hidden barriers to seeking support

## Shame

Expectations based on traditional gender roles

*'Women don't gamble'*

Culture and religion

## Fears

Loss of confidentiality

Being criminalised

Bringing up past trauma

*'Losing my family and children'*

Male attitudes in treatment spaces

## Awareness

GPs, professionals

Lack of academic evidence and research

Isolation of gambler/AO



# GamCare's support services



# Talk Ban Stop campaign



**MY RECOVERY  
STARTED  
AFTER LOSING  
£2,000 IN  
35 MINUTES.**

**TALK  
BAN  
STOP.**

 GamCare

 Gamban

 **GAM STOP**

[TalkBanStop.com](https://www.talkbanstop.com)

**NATIONAL GAMBLING HELPLINE  
0808 8020 133**

- A free Gamban licence can be obtained through the National Gambling Helpline.
- Gamban blocks access to various gambling websites and apps.
- GAMSTOP enables a person to self-exclude from licensed gambling operators



## REFERRAL

GamCare National Gambling Helpline  
**0808 8020 133 or contact London Treatment directly on:**  
[london@gamcare.org.uk](mailto:london@gamcare.org.uk)  
**020 7801 7008**

We also accept self referrals and direct referrals from professionals and the helpline.

<https://www.gamcare.org.uk/get-support/find-local-treatment/>

## ASSESSMENT

Clients will be contacted within 1-2 working days after the receipt of a referral, to be booked for an assessment.

An assessment will be provided within 9 days of the initial referral.

Onward referrals within the national treatment network may be made, according to need, with client consent.

## TREATMENT

An initial treatment start appointment will be offered within 9 days after assessment.

Appointments can be face-to-face, telephone or online.

We offer support via 121, groups and peer support (London Only) and cCBT. .

## REVIEW

Clients will be offered ongoing appointments, with regular reviews.

When a client is discharged, they are able to contact GamCare at any time in the future for further support.

Clients may return to attend an open support group or Peer Led support as and when required.

**0808 8020 133 gamcare.org.uk GamCare 'directly delivered' services**

# Other services available

- **National Problem Gambling Clinic** - The clinic employs psychiatrists, clinical psychologists and counselling psychologists
- Clients are referred onto the service when they have more complex needs such as a mental health diagnosis, compulsion, a repeat client etc.
- **Gordon Moody** - Residential Treatment Centre one based in London the other in Birmingham. Recovery Housing – specialist relapse prevention housing. Retreat & Counselling Programme. Outreach work in the community
- Joint partnership working with Aferiad Recovery (North Wales)

# Primary Care Gambling Service (PCGS)

- This new service is led by Dr Clare Gerada and supported by a multidisciplinary team of mental health nurses, GPs, treatment practitioners and therapists.
- The Primary Care Gambling Service is working in partnership with GamCare to provide integrated support services to anyone experiencing gambling harms across London.
- Clients can be referred for both 1-2-1 therapy and couples/marriage counselling.

# Affected Others Support

## 5 Step Model of support:

- **Step 1: Family member story – Listen.**
- **Step 2: Identify relevant and targeted information**
- **Step 3: Explore ways of coping and responding**
- **Step 4: Explore and enhance support.**
- **Step 5: Review previous steps and further needs**

## Other support offered:

- **“Why won’t they just stop gambling.”**
- **Affected other group benefits & PCGS.**

Thank you for your  
time

Any questions?