



Gambling Awareness

Learning Outcomes

✓ Consider attitudes to gambling and how they may impact on delivering GBI's.

✓ Outline the harms caused by gambling.

✓ Awareness of referral process for treatment



What is gambling?

- **Gambling is...**

To stake or risk money or anything of value on the outcome of something involving chance.

- **Harmful gambling is...**

*An **urge** to gamble continuously despite **harmful consequences** or a **desire to stop***



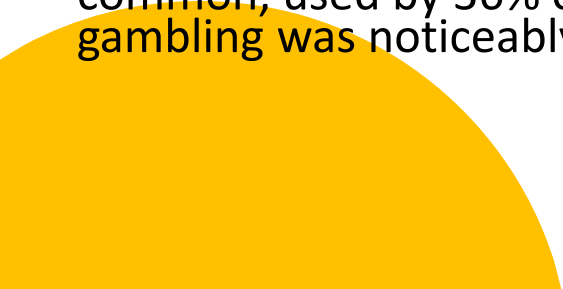
Gambling Statistics

While 60% of adults living in Great Britain (GB) reported participating in any gambling activity in 2022, there is variation across regions, with the North East reporting the highest levels of gambling (64.1%) and London the lowest (55.6%).

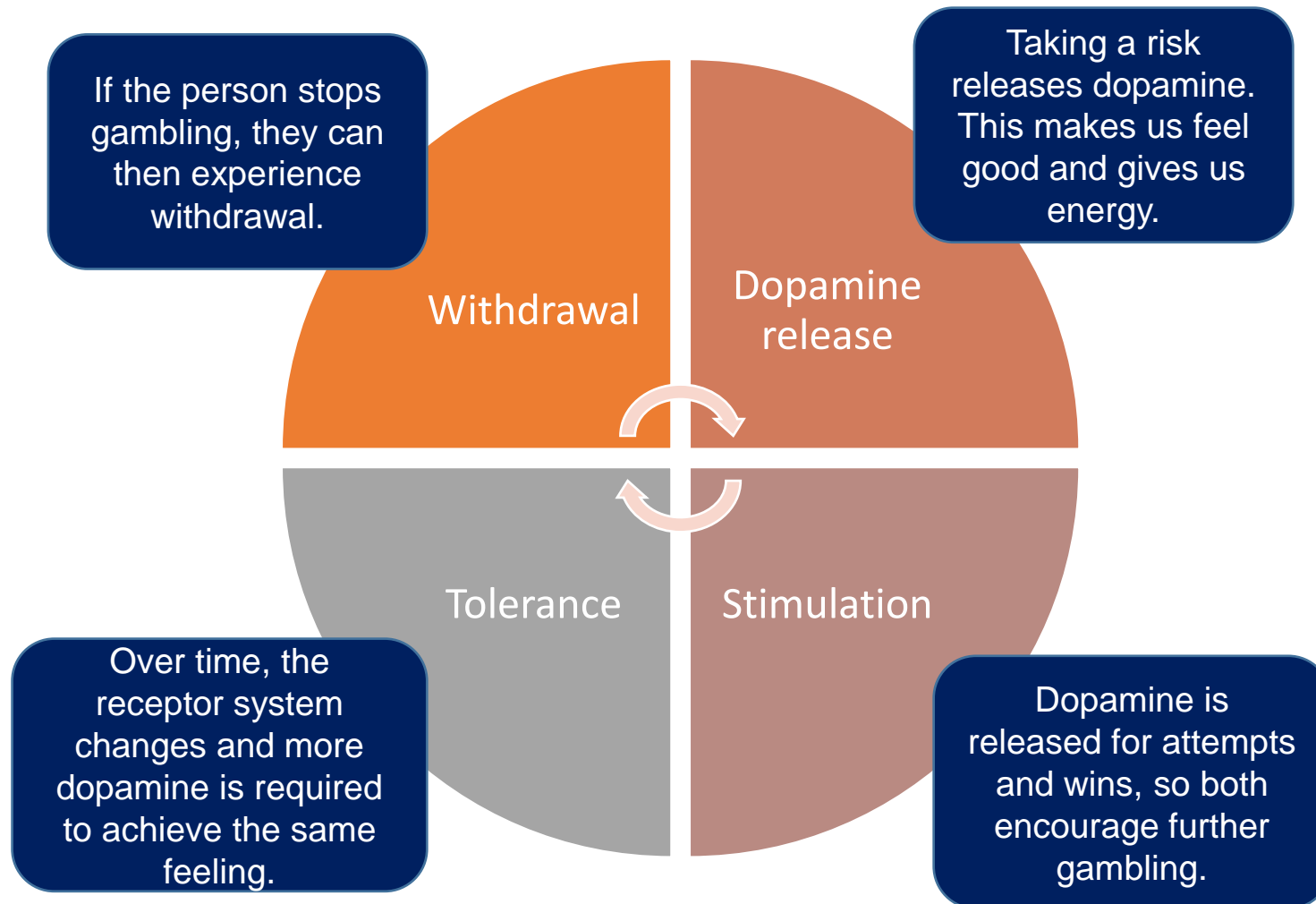
Annual Statistics from the National Gambling Treatment Service (Great Britain) 1st April 2022 to 31st March 2023

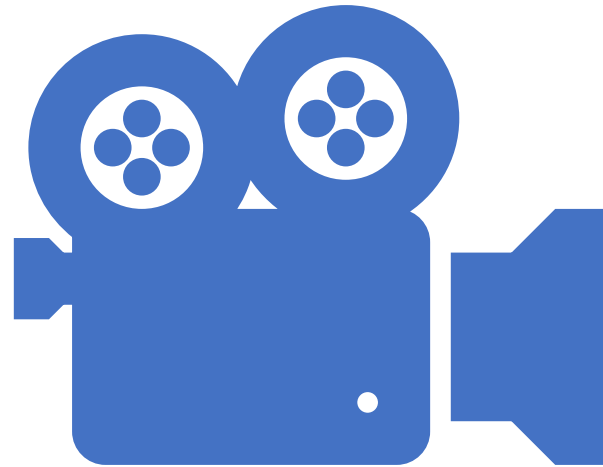
Clients had a median age of 36 years at the point of referral, with three quarters (75%) aged 45 years or younger. The highest number of clients were reported in the 25-29 (17%) and 30-34 (21%) age bands, consistent with previous years. Clients who do not gamble had a higher median age of 42 years and were more likely than people who gamble to be in the over 45 age bands

The most common location for gambling was online, used by 67% of gambling clients. Bookmakers were the next most common, used by 36% of gambling clients. Use of online gambling was noticeably higher among younger age groups.



Causes of harmful gambling: the brain



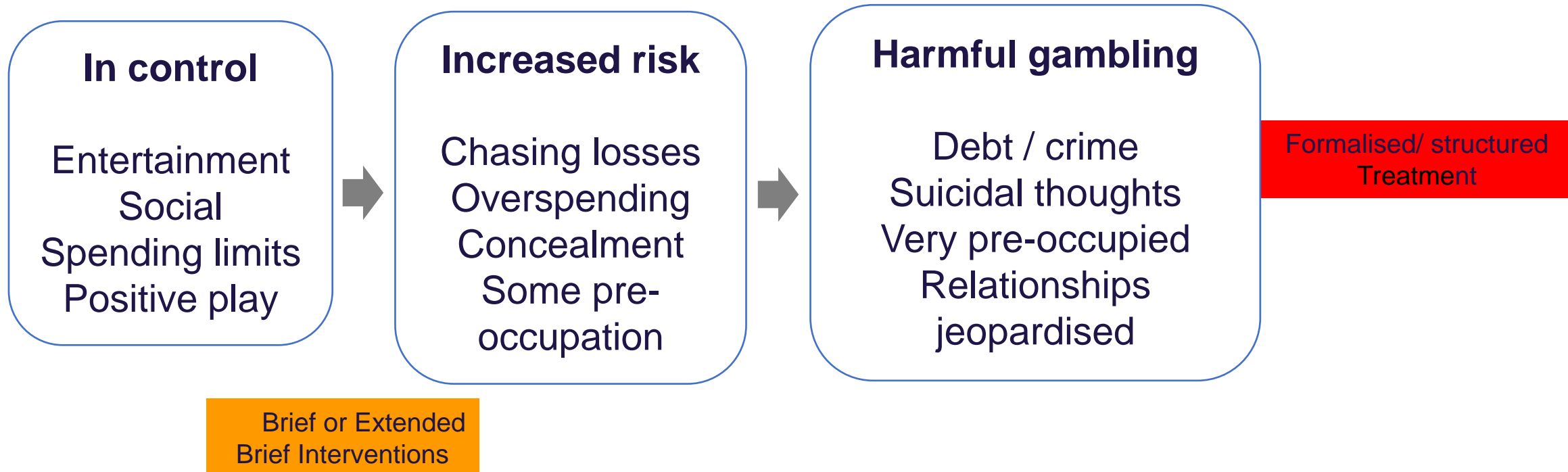


Gambling and the brain

- You are going to watch a video around the effects of gambling on the brain, I would like you to make a note of anything you feel is important and we will discuss it after



The gambling continuum



Harms and Risk

Gambling related harms:

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

Relationship

- Lying
- Arguing
- Anger and Tension
- Doubts
- Panic
- Avoiding
- Rejecting

Work/education

- Absenteeism
- Low performance
- Low engagement
- Low motivation
- Sick days

Housing problems

- Evictions
- Missed Mortgage/rent payments
- Homelessness



AFFECTED OTHER

- When you are a relative, partner or close friend of a harmful gambler you are recognised as being an affected other.
- When a person has gambling harms, it often impacts on every area of their life.
- Living alongside someone else's gambling addiction can be challenging at best but absolutely terrifying at worst.



What is a Gambling Brief Intervention

- ***“Brief interventions are short, empathetic and structured conversations that seek in a non-confrontational way to motivate and support them to think about and/or plan a change in their gambling behaviour” (WHO 2017)***



Reduction strategies

Discuss potential reduction strategies that you think would help a person with their gambling

Money – stick to a limit, don't chase your losses

Time – take regular breaks, find other activities you enjoy


Talk – if you are worried about your gambling then talk to someone you can trust

Referral info



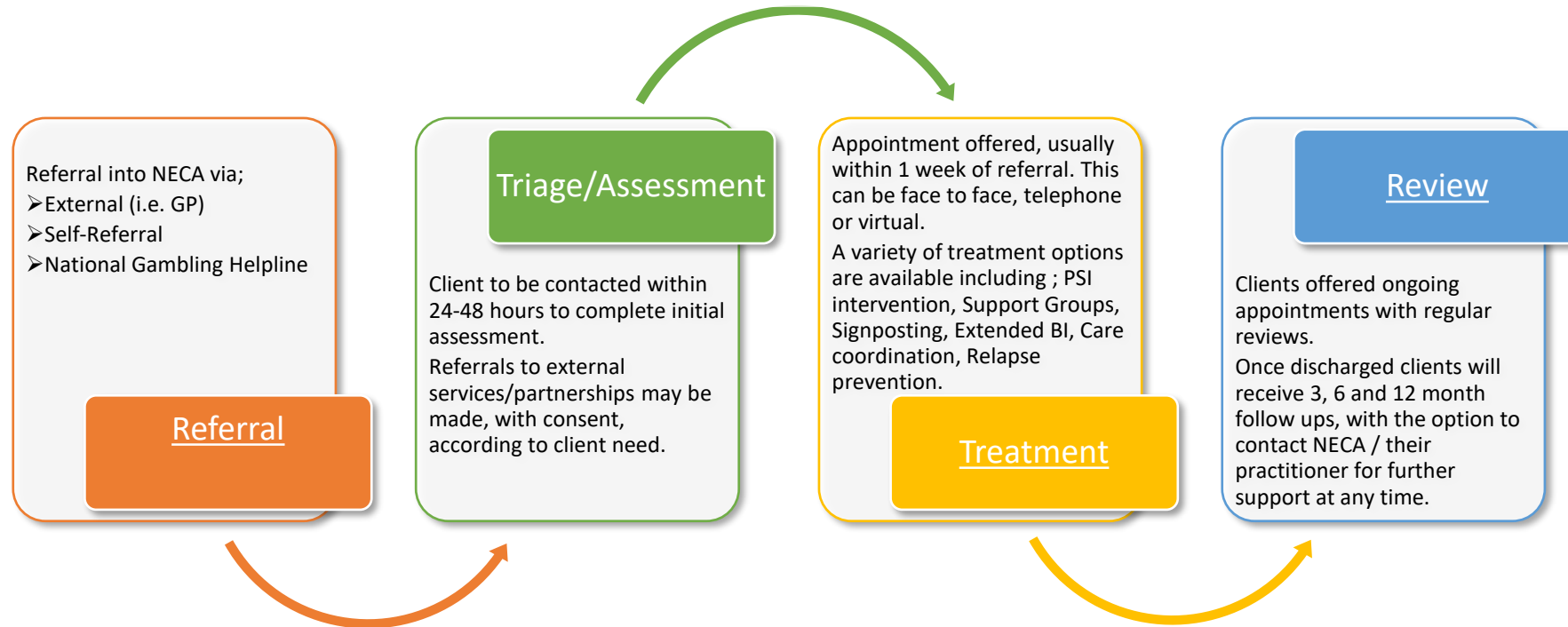


How to access support:

<u>Self Referrals</u>	<u>Professional Referrals</u>	<u>Helpline Referrals</u>
<ul style="list-style-type: none">• Telephone: 0191 562 3309• NECA Website/QR code 	<ul style="list-style-type: none">• Telephone: 0191 562 3309• NECA Website/QR code• Referral form via CJSM	<p>24 hours</p> <p>0808 8020 133</p>



The Client Journey



Tel: 0191 562 3309 (North-East) / 01423 740 723 (Yorkshire & Humber)

Visit www.neca.co.uk

To complete a referral scan the QR code



In partnership with





**Telephone NECA
on 0191 5623309**



**Referral via our
website:
www.neca.co.uk**

follow us





ANY QUESTIONS?