

Gambling Harms

A resource pack for DBI
Level 2 Practitioners



Table of contents

Heading	Page
Definition	<u>3</u>
Background	<u>5</u>
Indicators	<u>6</u>
Impacts	<u>7</u>
Gambling Spectrum	<u>8</u>
Affected Others	<u>9</u>
Asking the question	<u>10</u>
Distress Management Tools	<u>13</u>
Harm Reduction	<u>14</u>
Signposting to support	<u>15</u>
References	<u>30</u>

What do we mean by Gambling Harms?

Gambling is risking money or something of material value on something with an uncertain outcome in the hope of winning additional money or something of material value¹.

Gambling harms are “the adverse impacts from gambling on the health and wellbeing of individuals, families, communities, and society.”²

All gambling carries risk.

Gambling becomes harmful when it starts to affect someone’s physical or mental health, financial resources or their relationships.





So why has this
resource come
about?



Collaboration

[Simon Community Scotland](#) recognised a need to support individuals experiencing gambling harms when supporting individuals experiencing homelessness.

They partnered with [Fast Forward's Scottish Gambling Education Hub](#) to develop a toolkit on Gambling Harms and Homelessness.

Scottish Government has collaborated with Simon Community and Fast Forward, along with Cyrenians and The Alliance to look at how this learning can be used in wider contexts to support individuals experiencing gambling harms.

In response to the introduction of Gambling Harms as a contributory factor within the DBI reporting tool, we wanted to provide Level 2 Practitioners with a toolkit to bolster their support for anyone who has been affected by gambling harms, either directly or as an affected other.



Potential Indicators

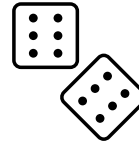
Being restless when trying to cutdown on gambling



Borrowing money or stealing to gamble



Returning to gambling after losing money through gambling



Less involvement with usual activities or hobbies



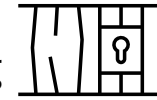
Becoming secretive or lying about how much has been spent on gambling



Thinking about gambling constantly



Gambling as a way of escaping from problems or relieving depression



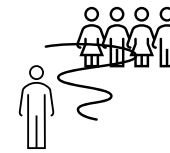
Spending more on gambling than intended



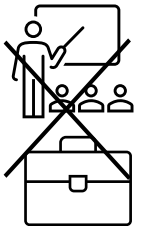
Losing sleep due to worry or gambling itself



Falling out with family or friends because of gambling



Missing work, education or appointments



Impacts on mental and physical health



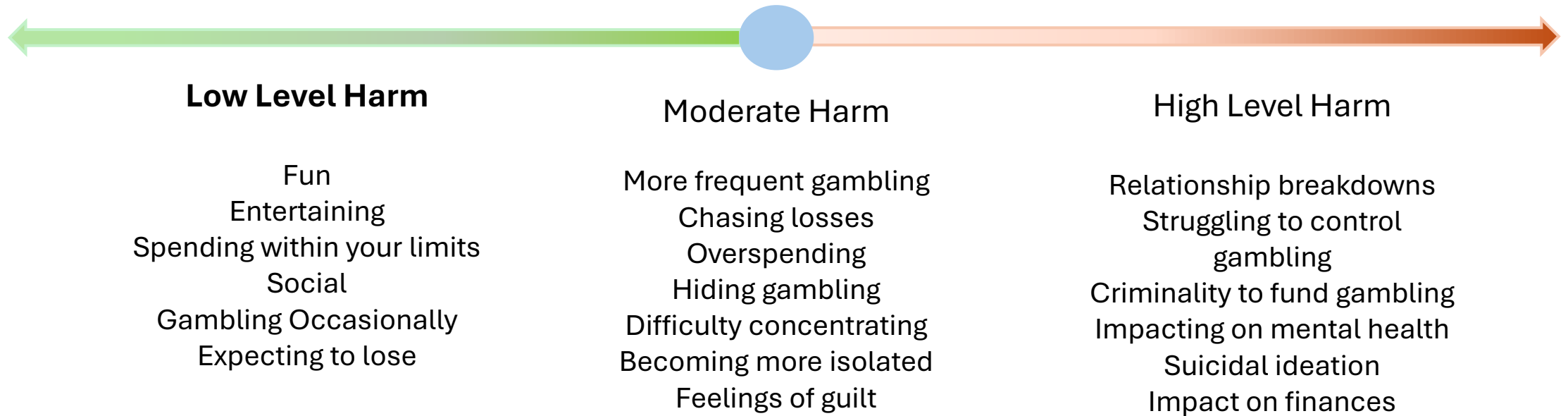
- ☐ Poor overall wellbeing
- ☐ Increased stress
- ☐ Feelings of shame
- ☐ Feelings of stigma
- ☐ Increased anxiety
- ☐ Experience of depression
- ☐ Self-harm
- ☐ Suicide and suicidality
- ☐ Use of mental health services
- ☐ Erosion of personal values, impacting wellbeing



- ☐ Reduced physical activity
- ☐ Increased blood pressure
- ☐ Poor diet/nutrition
- ☐ Experience of insomnia
- ☐ Substance use
- ☐ Use of alcohol/drug treatment services
- ☐ Use of primary and secondary healthcare services
- ☐ Increase in benefits claims for long-term disability/ill health

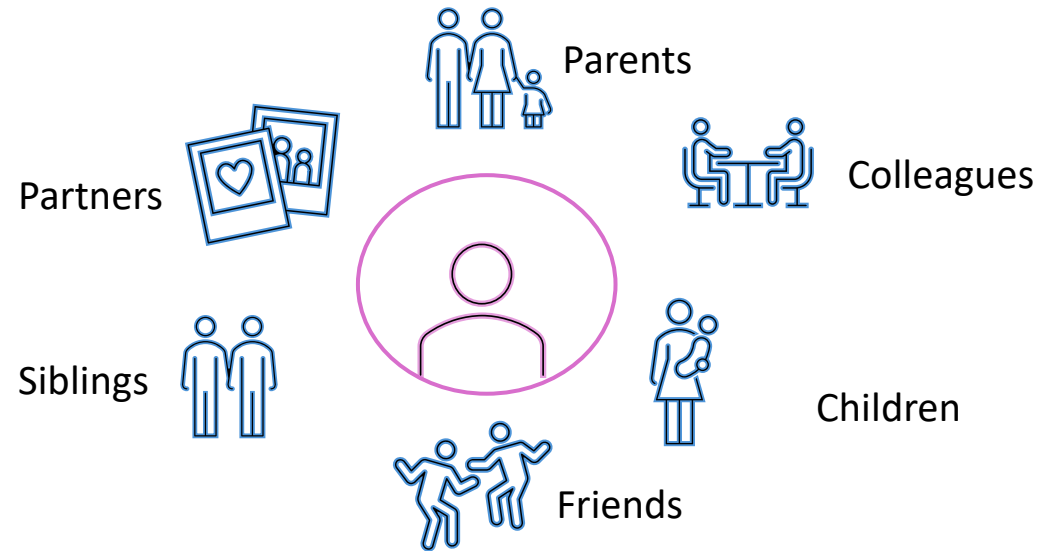


Gambling Spectrum³



Affected others

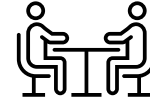
Those experiencing harm through someone else's gambling are referred to as an affected other.



For every **one** person experiencing gambling harms, another **six** people are affected.



Starting the conversation



During initial engagement, it could be worth considering including these questions to identify people who have experienced gambling harms, whether due to their own gambling or as affected others

Have you ever worried about money because of yours or someone else's gambling?

Has your gambling or the gambling of someone close to you had an impact on your life?

Has your own gambling or that of someone else's ever caused you any worry, stress or anxiety?*

**This could include financial problems, relationship problems or poor mental health such as depression, anxiety or stress.*



The perception gap⁴

A person who is experiencing harm from their own gambling, or the gambling of someone else, may not recognise the impact of the harm.

The perception of someone else (such as a friend, family member or support worker) might be very different - they may perceive these activities differently and see the harm that their gambling is causing.

This difference in perception is known as the **perception gap**.



Talking about gambling indirectly can be a great way to bridge this perception gap. People might be using gambling to deal with difficult emotions, so if you can think of ways to introduce gambling to the conversation through other topics you might be able to help the individual in a comfortable and supportive way.



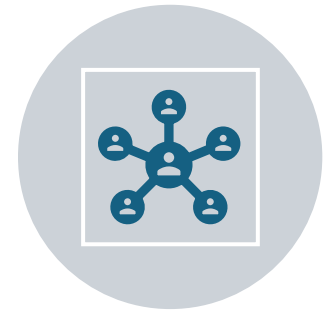
WHERE DO YOU GO TO FEEL
COMFORTABLE?



HOW DO YOU COPE WITH
BUDGETING YOUR MONEY?



IF YOU ARE FEELING STRESSED,
WHAT DO YOU DO TO REDUCE
YOUR STRESS LEVELS?



WHAT SOCIAL ACTIVITIES DO
YOU LIKE TO DO WITH YOUR
FRIENDS?



Gambling Harms Tools

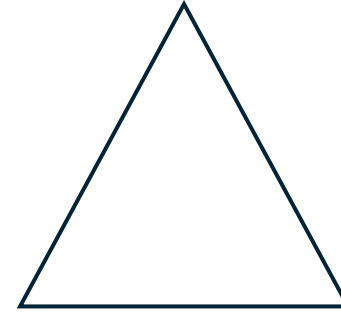
Gambling Triangle



20-30 Minutes



For those experiencing gambling harms



This simple activity encourages practical reflection on how to reduce gambling, by examining the contributing factors to gambling; money, time and access to gambling.

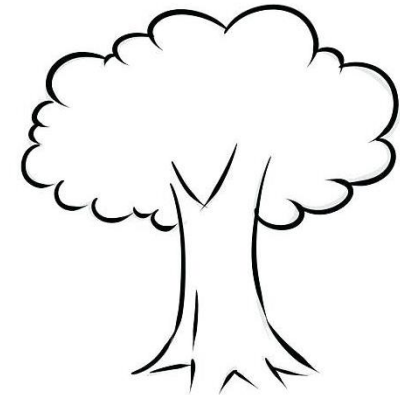
Gambling Tree



15-30 Minutes



For those experiencing or affected by gambling harms

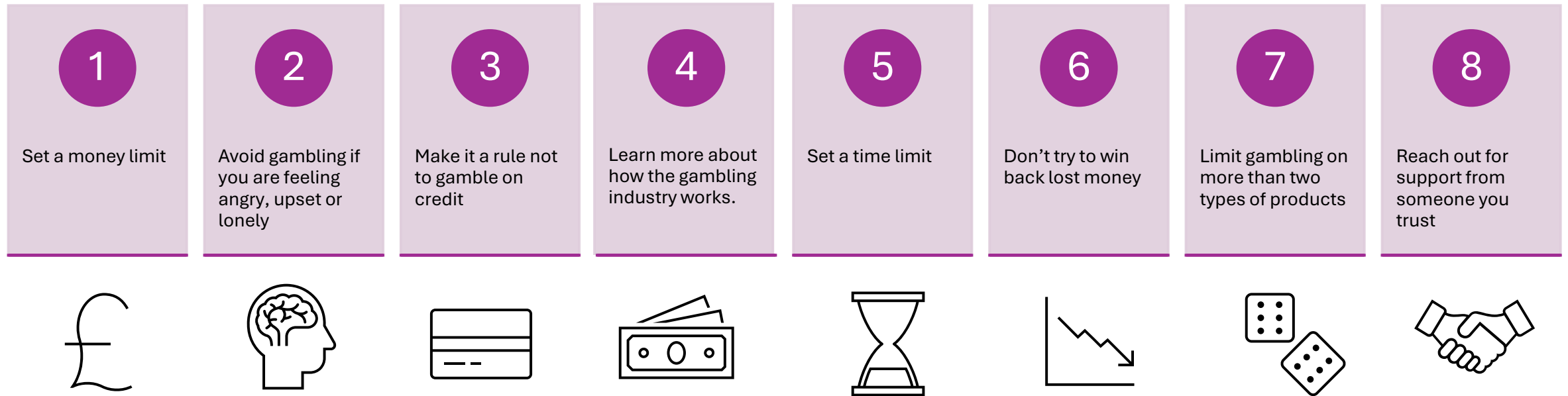


This activity explores the causes, effects and consequences of gambling and provides opportunities to reflect on what can be done to tackle these issues.



Gambling Harm Reduction⁵

Harm reduction is about meeting people where they are. They may not be ready to address the impacts of gambling harms immediately, but below are 8 initial steps, which may help to reduce some of the harms.



Signposting to support



Gam Care

Offers 6-8 weeks of 1:1 CBT or advice on gambling harms for affected and affected others.

0808 8020 133 (24 hours/ 7 days a week)

Chat rooms, forums and free blocking or exclusion apps through [TALK.BAN.STOP Campaign](#).

Additional support for women available.

The RCA Trust

Offers weekly 1:1 or group counselling sessions in person or over the phone for 12 weeks and tailor-made recovery plans. Individuals complete a [PGSI Form](#), CORE-10 and have an initial conversation about their gambling.

0141 887 0880 (9 am - 7 pm/ 7 days)

info@rcatrust.org.uk

Gamblers Anonymous (GA)

Fellowship of people with lived experience of gambling harms. They offer meetings at a variety of locations across Scotland or online, 20 Questions to determine gambling harms and literature to read and download.

0370 050 8881 (24 hours/ 7 days a week)

[Live chat](#)

Additional support for women available.





Self-Therapy App



Recover Me

Mindfulness to help reduce gambling harm. This app was designed with the help of psychologists, psychiatrists and those with lived experience to help recovery from gambling harms.

Available on apple and google app stores, this service provides:

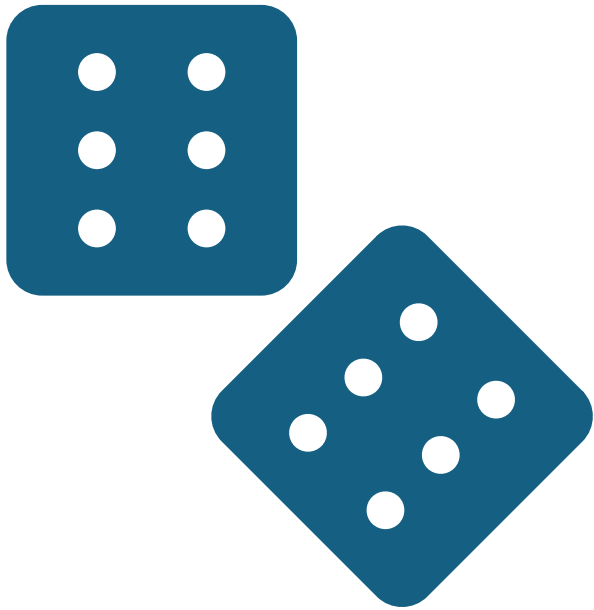
- Six easy to follow cognitive behavioural therapy (CBT) sessions
- Diary to track and monitor urges
- Unique toolbox to help manage any acute urges to gamble in a variety of ways
- Mindfulness for reframing negative thoughts and managing urges.
- Information on local support organisations
- Progress tracker to view and celebrate support journey



Free to use with the code:
RECOVERME100



Self-Exclusion



Using more than one self-exclusion tool is important as it is increasing your protection from online gambling.





GAMSTOP

Allows self-exclusion from online UK gambling websites and apps for 6 months, 1 year or 5 years. Account can be cancelled after exclusion period ends.

Registration via website, requires photo ID, name, address, DOB, email addresses and mobile numbers.

It takes a few minutes to sign up and can take up to 24 hours for the ban to become effective.

NB: Any gambling companies not registered may still be able to send marketing emails.

GAMBAN

A free, easy-to-use app which can block over 60,000 gambling websites and apps worldwide on up to 15 devices (including mobile phones, tablets and computers)

Available on Windows, MacOS, iOS, Android and Google Play (eligibility checker available: <https://gamban.com/compatibility>)

Installation is quick and simple, and the block list is constantly updated

When downloaded the device will never be able to access gambling websites or apps





Banks

Click on the bank logos for more information,

NB: You can still purchase National Lottery and Scratch cards when you have a ban on your bank card as they do not register as gambling purchases in many shops.





Multi-Operator Self-Exclusion Scheme (MOSES)

Allows people to self-exclude from multiple betting shops with just one phone call, free of charge.
The ban will last 12 months.
0800 294 2060 (24 hours/ 7 days a week)
ID required

SENSE

Free self-exclusion from all licensed land-based casinos in Great Britain (for minimum of 6 months)
0203 409 2047 (Mon-Fri, 9 am - 5 pm)
Local casinos included are listed on this [document](#)
Individual completes the [self-exclusion form](#) and emails it to info@sensescheme.com
ID and address required

The Bingo Association

Free self-exclusion from physical bingo halls in the UK.
0808 8020 133 (24 hours/ 7 days a week)
ID required





Support for affected others



GAM ANON

A fellowship of men and women who have been affected by someone else's gambling. They meet in person around Scotland or online.

Service offers lived experience stories, questionnaires on effects of harmful gambling.

0370 050 8881 (24 hours/ 7 days a week)

NB: GAM-ANON is not affiliated with Gamblers Anonymous but they are closely allied and cooperate with each other.

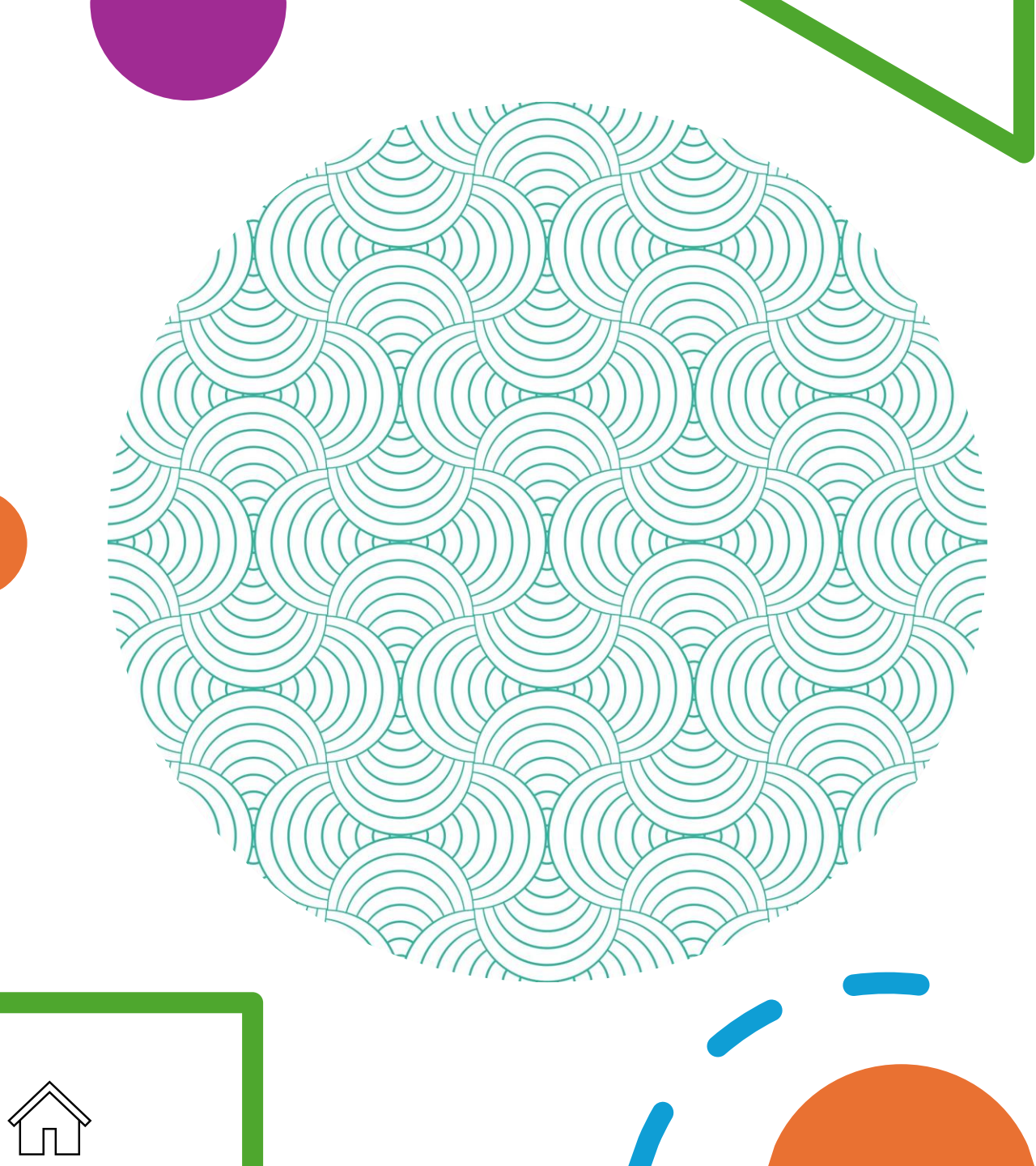
GAM FAM

To offer hope to anyone affected by gambling harms and the opportunity to share their experiences in a safe space without fear of judgement.

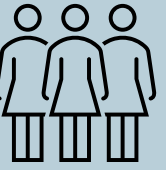
Service offers a 5-step approach to help families work towards recovery called GRA5P, signposting, peer support meetings online or in person for groups or 1:1, and information and advice.

Complete the form on bottom of the home page.





Women-only services



Thrivin' Together

A space for women impacted by gambling harms - created and led by women with lived experience.

Service offers:

- Activities, focus groups and training in women-only online spaces
- £25 e-voucher for input in focus groups which are held online

How to join

- Complete the online form - <https://www.thrivinttogether.org.uk/events-activities/>
- Individuals will be contacted by email within 7 days and invited to an online conversation with a member of Thrivin' Together

Betknowmore UK

Online support and wellbeing groups

Scottish Women's Aid

Support and advice 24/7

0800 027 1234





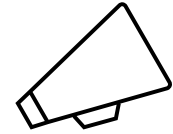
Wider sources of
support



ALLIANCE

The Scotland Reducing Gambling Harm programme puts the voice of people affected by gambling at the heart of the action to reduce those harms, through 6 weekly, in-person forums.

0141 404 0231



Cyrenians

Person-centred support for individuals experiencing or at risk of homelessness, who are also negatively impacted by gambling. Offer practical support, including budgeting and finance advice, self-exclusion support and developing community connections for recovery. Support is also available to affected others.

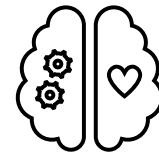
chances@cyrenians.scot



Self-Harm Network Scotland

Scottish Government funded and run by Penumbra, SHNS is a dedicated service for support and advice for anyone over 12 across Scotland affected by self-harm, through their website and out of hours webchat.

The service also offers support for loved ones.



Scottish Families Affected by Alcohol & Drugs

Supporting anyone affected by drug and alcohol use across Scotland
08080 10 10 11



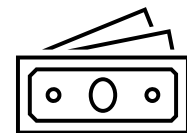
GamLEARN

Lived experience network for people impacted by gambling harms. Offering wrap around legal support and advice for people facing the criminal justice system. For support, individuals can complete [this questionnaire](#) or email support@gamlearn.org.uk



StepChange Debt Charity

Free expert debt help and advice, 24/7



References

1. Gambling Education Hub Toolkit, Fast Forward
<http://www.fastforward.org.uk/gamblingtoolkit>
2. Measuring gambling related Harms, Wardle, et al. (2018) [Measuring-gambling-related-harms \(ctfassets.net\)](https://ctfassets.net)
3. Gambling Harm as a Global Public Health Concern: A Mixed Method Investigation of Trends in Wales, John et al. (2020) [10.3389/fpubh.2020.00320](https://doi.org/10.3389/fpubh.2020.00320)
4. Gambling and Homelessness Harms Toolkit, Simon Community Scotland [Gambling-Harms-Homelessness-Toolkit.pdf \(simonscotland.org\)](https://simonscotland.org/Gambling-Harms-Homelessness-Toolkit.pdf)
5. What is Harm Reduction?, The RCA Trust.

