### What is gambling?

Gambling is betting, gaming or participating in a lottery, where gaming means playing a game of chance for a prize and a prize is defined as money or 'money's worth'. (The Gambling Act 2005)

A person is gambling whenever he or she takes the risk of losing money or belongings, and when winning or losing is decided mostly by chance. (Institute of Ontario: Problem Gambling 2019)

## Why do people gamble?

- Recreation, relaxation, socialising
- Money, debt, hope of winning, lives might change
- Learned behaviour, peer pressure, habit
- Challenge, new skill, fun, thrills, hobby
- Escapism, passing time, loneliness, boredom



# Gambling in the UK

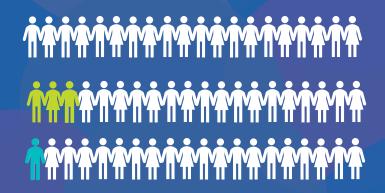


600,000

problem gamblers

Only 5% seek help for their treatment

Only 1% get treatment





## Most addictive types of gambling











Internet

Casinos

Slot machines & fixed odds betting terminals

Unregulated gambling

Sports betting

# Examples of organisations supporting 'affected others'

- The National Gambling Helpline
- Affected others @ BeGambleAware
- Support groups for families
- GamCare network for affected others
- Financial and relationship advice
- Adfam
- GamFam
- Gamblers Anonymous
- The Samaritans
- **WINNER**

- 0808 8020 133
- www.begambleaware.org
- GamAnon.org.uk
- www.gamcare.org.uk
- www.citizensadvice.org.uk
- adfam.org.uk/help-for-families
- www.gamfam.co.uk
- www.gamblersanonymous.org.uk
- www.Samaritans.org
- www.nhs.uk
- Relate, Victim Support, MIND, regional Women's Aid organisations regional details as available or published
- Their own support network of family, friends and professionals

#### **Debt advice**

- W National Debtline
- Debt Advice Foundation
- Step Change Debt Charity
- Money Advice Service

08088 084000 or www.nationaldebtline.org

www.debtadvicefoundation.org

0800 138 1111 or www.stepchange.org

www.moneyadviceservice.org.uk

#### Contact us

Tel: 01752 437177

Email: wellbeingat.work@nhs.net

Web: www.wellbeingatworksouthwest.co.uk

Twitter: <a href="mailto:@wellbeing\_work">@wellbeing\_work</a> Facebook: <a href="mailto:@oneyouplymouth">@oneyouplymouth</a> YouTube: wellbeing at work