



Wellbeing at Work

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



£7 billion

gambled each year

600,000

problem gamblers



Only 5% seek help for their treatment



Only 1% get treatment





Wellbeing at Work

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 0808 8020 133
- ♥ Affected others @ BeGambleAware www.begambleaware.org
- ♥ Support groups for families GamAnon.org.uk
- ♥ GamCare network for affected others www.gamcare.org.uk
- ♥ Financial and relationship advice www.citizensadvice.org.uk
- ♥ Adfam adfam.org.uk/help-for-families
- ♥ GamFam www.gamfam.co.uk
- ♥ Gamblers Anonymous www.gamblersanonymous.org.uk
- ♥ The Samaritans www.Samaritans.org
- ♥ NHS 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

- ♥ National Debtline 08088 084000 or www.nationaldebtline.org
- ♥ Debt Advice Foundation www.debtadvicefoundation.org
- ♥ Step Change Debt Charity 0800 138 1111 or www.stepchange.org
- ♥ Money Advice Service www.moneyadviceservice.org.uk

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