








## 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



Contact us

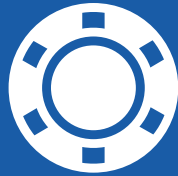




## Most addictive types of gambling



Internet



Casinos



Slot machines &  
fixed odds  
betting terminals











Unregulated  
gambling







Sports

## Support from other Organisation:

-  [National Gambling Helpline: 0808 8020 133](#)
-  [Be Gamble Aware Support](#)
-  [Support groups for Families](#)
-  [GamCare Support](#)
-  [Citizens Advice](#)
-  [Adfam Support for Families](#)
-  [GamFam](#)
-  [Gamblers Anonymous](#)

## Debt advice

-  [National Debtline](#)
-  [Debt Advice Foundation](#)
-  [Step Change Debt Charity](#)
-  [Money Advice Service](#)



Contact us

