

Identifying and supporting service users affected by gambling harms in Adult Social Care

Remember you can contact your local Employee Assistance Programme or your GP if you require any additional support

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What do we mean by...

Gambling?

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

Disordered gambling?

'Gambling that compromises, disrupts or damages family, employment, personal or recreational pursuits.'

Gambling harms?

'The adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society.'

Three steps to identifying and supporting clients affected by gambling harms in adult social care



1. Identification

Why identifying gambling harms is important in social care.



2. Discussion

Talk about treatment options and support available for people affected by gambling harms – it's free, available and it works.



3. Support

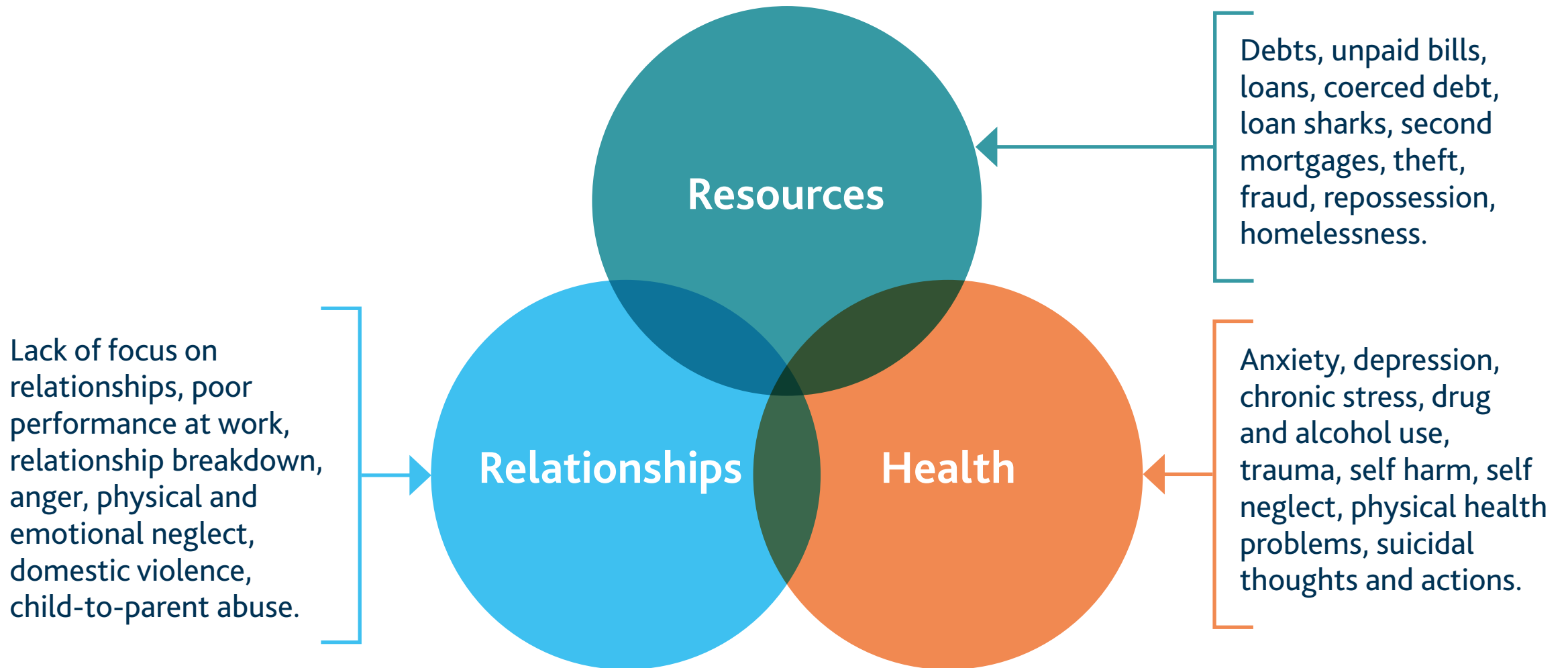
Help those affected to access gambling support services.



Step 1. Identification

Why identifying gambling harms is important in social care

Gambling-related harms – an adult social care issue





Start the conversation

Ask the question



Gambling harms and mental health

Gambling harms have been linked with other mental health problems such as depression and anxiety.

Gambling harms have been shown to be associated with the risk of suicidal thoughts and acts. This risk is higher than the general population.

Groups at higher risk of gambling harms

It is important to be aware that anyone can be affected by gambling harms, however, some groups are statistically more likely to be at risk.

People living with:

- Pre-existing mental health problems
- Learning difficulties
- Trauma
- Cognitive impairment
- Substance misuse
- Social isolation

Particular groups:

- Vulnerable adults
- Those whose family gambles
- Military personnel
- Students
- Those who are socio-economically deprived
- People on certain medications (e.g. dopamine-agonists for Parkinson's Disease)

Affected others...

There are **6-10** per person experiencing problem gambling



90%
experience emotional distress

>50%
experience mental ill health



69%
provide money to cover losses

33% of families affected by gambling harms struggle to afford food/rent



33% of households with children experience family breakdown when there is a gambling harm



Suggested introductory questions for use in local authorities

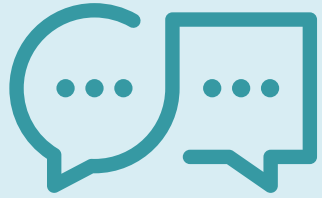
These two questions were tested for validity and reliability and both were found to be acceptable for use in adult social care. Choose the question most suited to your clients or service area.*

Is your own gambling or that of someone else causing you any worries?

Do you feel you are affected by any gambling, either your own or someone else's?

* Cat Forward, Caroline Norrie, Stephanie Bramley, Liz Riley, James Shearer, Emily Finch, Glenn Stewart, Paul Fletcher, Jill Manthorpe, and Heather Wardle. "Gambling Harms in Adult Social Care: Developing an 'Introductory' Question to Identify Gambling Harms Among Service Users." *The British Journal of Social Work* (2023): bcad155.





Step 2. Discussion

Talk about treatment options and support available for people affected by gambling harms – it's free, available and it works

Treatment and support for gamblers and affected others is freely available – and effective

Approaches

- CBT and other therapeutic approaches
- Peer support groups
- Family counselling
- Couples therapy
- Practical support with debt, housing etc.

Organisations



NHS gambling clinics

GamAnon UK

GamAnon
(support for friends
and family)



National Gambling
HelpLine



Step Change
(debt relief support)



Gamblers
Anonymous
(12 step approach)



Gordon Moody
(residential treatment)



Step 3. Support

Help those affected to access gambling support services

You can tell clients:

Reassure that support, advice and treatment are available for gamblers and affected others. Signpost to National Gambling HelpLine (freephone and 24 hours a day).

0208 8020 133 www.Gamcare.org.uk

Deliver a brief intervention such as discussing self exclusion options or discuss support options for affected others.

Support your client to seek help or gain consent to refer into National Gambling Treatment Services (NGTS) if appropriate. Referrals can be made through the National Gambling HelpLine (freephone and 24 hours a day).

0208 8020 133 www.Gamcare.org.uk

Signpost into a wide range of other support options such as debt support services.

Consider including GamCare in multi-agency working, contact your local NGTS organisation for advice and support.

Consider involvement of NHS treatment centres or Gordon Moody residential treatment.

Self-exclusion from online gambling: TalkBanStop approach



Talk

GamCare

Speak with a trained Adviser for information, advice, and support.

Ban

Gamban

Block your devices from accessing gambling websites and apps for free.

Stop

GAM STOP

Register to self-exclude from all UK gambling apps and websites for free.

Available via the National Gambling Helpline:
0808 8020 133

Self-exclusion from betting shops, arcades, bingo halls and casinos



Betting shops	Self-exclusion available by contacting the Self-Exclusion Helpline: 0800 294 2060 https://self-exclusion.co.uk
Arcades	Information about self-exclusion can be found at: https://bacta.org.uk/self-exclusion
Bingo Halls	Information about self-exclusion can be found at: https://bingo-association.co.uk/self-exclusion
Casinos	Self-exclusion available via the SENSE scheme: https://www.senseselfexclusion.com
Banks	Banks offer a gambling blocking scheme to stop your account being used for gambling: https://www.gamblingcommission.gov.uk/public-and-players/page/i-want-to-know-how-to-block-gambling-transactions



Conclusion

Please do ask the question –
you never know unless you ask.



Quick reference guide – gambling support

National Gambling Helpline 0808 8020 133

GamCare 0808 8020 133 GamCare.org.uk

Gamblers Anonymous 0330 094 0322
www.gamblersanonymous.org.uk

Gam-Anon (for affected others) gamanon.org.uk

Blocking software

Gamban websites/apps <https://gamban.com>

Banks <https://www.gamblingcommission.gov.uk/public-and-players/page/i-want-to-know-how-to-block-gambling-transactions>

Self-exclusion

Online gambling www.gamstop.co.uk

Betting shops <https://self-exclusion.co.uk>

Casinos <https://www.senseselfexclusion.com>

Arcades <https://bacta.org.uk/self-exclusion>

Bingo halls <https://bingo-association.co.uk/self-exclusion>

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