

Gambling Harm Reduction



SUSU Advice
Centre



GAMBLING HARM REDUCTION

Developed with the support of NHS Southern Gambling Service

One way of understanding addiction is through CAGE as both an acronym for signs of addiction (Cut down, Annoyed, Guilty, and Eye-Opener) and a metaphor for how addiction traps the individual and often their loved ones into addiction cycles.

- **An individual with an addiction may:**

Want to Cut down

Feel Annoyed when other criticise them about the addictive behaviour

Feel bad or Guilty about the addictive behaviour

Engage in the addictive behaviour first thing in the morning to steady their nerves or to feel 'normal' (Eye-opener)

GAMBLING HARM - WHO CAN IT AFFECT?

1 in 10 adults in the past year have been significantly affected by gambling harm.

Research has consistently demonstrated that individuals that are: young, male, and that belong to ethnic minority backgrounds, are disproportionately susceptible to gambling disorder.

Gambling disorder is also most prevalent amongst 16-24 year olds than in any other age group. In the last gold-standard prevalence survey conducted in 2010, the prevalence of gambling disorder according to PGSI among 16-24 year olds was at 2.0% (males: 2.7%, females 1.2%), whereas the prevalence by PGSI of the whole population was measured at 1.0% (males: 1.7%, females 0.3%).



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GAMBLING HARM - MOTIVATIONS TO GAMBLE

According to the BGPS 2010, motivations for gambling can be grouped into categories of:

- **Social - this includes gambling either to be sociable or because it's something that one does with friends and family.**
- **Money - this includes gambling to make money or gambling for the chance of winning big money.**
- **Enhancement - this includes gambling for the challenge, to compete against others, for a sense of achievement and for the excitement.**
- **Recreation - this includes motives related to filling time, hobbies and past times, fun and relaxation.**
- **Coping - this includes gambling to relieve tension or impress others.**

GAMBLING HARM - ESCALATION OF HARMS

Gambling harm can be particularly devastating as it can have a profound impact across several domains including health, work or study, and relationships. Moreover, these impacts can be lifelong or even intergenerational.

It's important to remember that anyone can be affected by gambling harm. An individual does not need to have a gambling disorder to suffer gambling harm. In fact, 1 in 10 adults in the past year are expected to suffer gambling harm.



According to the World Health Organisation: "The gambling-related burden of harm appears to be of similar magnitude to harm attributed to major depressive disorder and alcohol misuse and dependence. It is substantially higher than harm attributed to drug dependence disorder".

GAMBLING HARM - FINDING RECOVERY

If you feel your drinking is getting out of hand, consider talking to someone. Maybe a close friend, parent, teacher, or The Advice Centre advice@susu.org

If you are suffering from gambling harm, support and treatment is available.

"Understanding the role gambling plays in your life can be the first step in making changes to reduce the harm it causes. It is unlikely that there will be a single answer, and you may need a combination of strategies to make lasting changes. You are more likely to be successful if you have support from others."

For free information, advice and support you can contact NHS Southern Gambling Services on SouthernGamblingService@southernhealth.nhs.uk

Also, the NHS Live Well website contains advice and signposting to other free treatment and support options.

<https://www.nhs.uk/live-well/healthy-body/gambling-addiction/>



Feel free to check out 'The All Bets Are Off Podcast', which has over 50 hours of gambling addiction recovery content covering a wide range of discussion points, including everything from recovery stories and signposting. <https://www.allbetsareoff.co.uk/>

Finally, if you are concerned that gambling may be affecting your academic or finances, please speak to us at The Advice Centre – advice@susu.org.

