

How problematic gambling occurs

- Gambling can be seen as taking place on a dynamic continuum, from 'in control' to 'problematic' or 'disordered'
- Men start gambling predominately for fun and excitement, whilst many women begin gambling as a means of escape, either from trauma, past or present or through loneliness and isolation often due to a loss
- People who gamble problematically are often able to keep it very concealed; there are no obvious signs and symptoms for others to pick up on and so it is important to...

Start the conversation!

The impacts on the gambler/'affected others'

- Gamblers and affected others are all likely to experience multiple gambling-related harms
- Guilt and shame are significant for those affected by gambling-related harms
- Identifying problems associated with gambling can be very difficult as there are few visible signs, so it remains hidden
- On average, 6-10 other people experience gambling related harms connected to someone else's problematic gambling

Start the conversation!

GamCare support services

- **GamCare website www.gamcare.org.uk** - this is full of helpful information including treatment, self-help tools, gambling related financial harms for example
- **National Gambling Helpline 0808 8020 133** – Freephone number available 24/7 for anyone to call and seek help with any aspect of gambling related harms
- **Webchat** - this is an online version of the helpline and can be accessed through the website often those who need extra confidentiality access this support
- **Forum** – an online message board available via our website providing a safe and secure space for users (who could be gamblers or affected others) to share experiences, thoughts and feelings about gambling
- **Chat rooms** – again available via our website, the chatrooms are run regularly where users can use live text chat to discuss issues related to gambling. They usually run for around 60-90 minutes and may have specific themes on occasions
- **Game Change** – an online CBT treatment course for those who are concerned about their gambling behaviour, supported by regular contact with a GamCare therapist. The course has been designed so you can work at your own pace, wherever is most convenient for you, over the course of eight weeks.
- **Treatment** – GamCare works with a number of partner agencies to provide FREE treatment across the country for gamblers and those affected by someone else's gambling. Please use the "Find Local Treatment" tab on the website for the contact details of your provider.

Remember... start the conversation!

Guide for Professionals

Harmful gambling can have significant negative impacts, which affect the person who gambles and others. Asking questions about gambling may increase the likelihood of someone seeking support, now or in the future

GamCare and its partners are part of:



IDENTIFICATION



INTERVENTION AND REFERRAL

Assess your availability of time and capacity to support the client, applying steps 1-7 as appropriate. Be empathic, respectful and non-judgemental. Convey optimism and encourage positive change.

<p>Initial Intervention (For example, when you only have limited time to spend with the client)</p>	<ol style="list-style-type: none"> 1. Reassure that support is available for people who gamble and affected others and provide information and resources, available for free from www.gamcare.org.uk 2. Signpost to gambling treatment and support The National Gambling Helpline, which is Freephone and open 24 hours a day 0808 8020 133 or via web chat at www.gamcare.org.uk 3. Refer to your local treatment provider Details of your local treatment provider can be found at www.gamcare.org.uk If you would like advice or support from another professional, please contact the Helpline
<p>Additional Support (For example, when you have more time to help them further)</p>	<ol style="list-style-type: none"> 4. Complete a short screening tool, such as the GAST-G <i>In the last 12 months have you:</i> <ul style="list-style-type: none"> - Bet more than you could really afford to lose? - Been criticised for your betting, or been told that you have a gambling problem? - Felt guilty about the way you gamble, or what happens when you gamble? - Been affected by someone else's gambling? 5. Deliver a Brief Intervention (a short, focused conversation) Refer to Big Issue's guidelines on Brief Intervention
<p>If you have more time</p>	<ol style="list-style-type: none"> 6. Support the vendor to complete the GamTest (an extended self-assessment screening tool) instead of conducting the GAST-G GamTest is available on www.gamcare.org.uk/self-help/self-assessment-tool/ 7. Proactively support the vendor in accessing and following treatment