Gambling and Gaming Harms: How GamCare supports young people and their mental health

Anita Gundecha – GamCare Trustee
Adele Leung – Youth Advisory Board Member
Craig de Vos – Programme Manager

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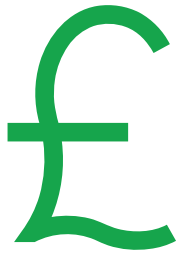
Setting the Scene – what the data shows

3 times more likely to visit GP for mental health

9 times more likely to access mental health services



Costs services between £40 million - £150 million per year

*Institute of Public Policy, 'Cards on the Table', 2016

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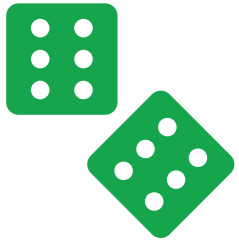
Young People and Gambling



30,000 YP ‘Problematic Gamblers’

1 in 10 made to feel ‘sad’ or ‘worried’ by someone’s gambling

Between 6-10 others affected by a gambler

*Gambling Commission, *Young People and Gambling*, 2022
**Citizen’s Advice, *‘Out of Luck’ An exploration of the causes and impacts of problem gambling*, 2018

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Impact on Young People's Mental Health

Depends on support and resilience

Could include anxiety and depression

Related symptoms (substance misuse, self-harm)

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*Gambling Commission, *Measuring gambling-related harms among children and young people*, 2019

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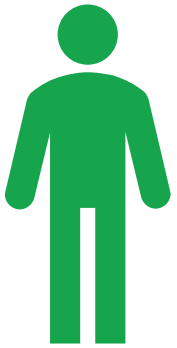
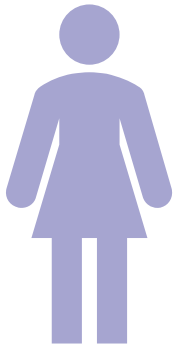
Gambling and Suicidality



37%

of men (16-24) who attempted suicide were problem gamblers

(compared to 3.6% who had no suicidal thoughts or attempts)



14.5%

of women (16-24) who attempted suicide were problem gamblers

(compared to 2% who had no suicidal thoughts or attempts)

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*Wardle and McManus, *Suicidality and gambling amongst young adults in Great Britain*, 2019

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ADHD and ASD

- Under-researched in the UK
- Overseas research shows links between ASD and ADHD and addiction
- Gaming is shown to be detrimental but can also be beneficial

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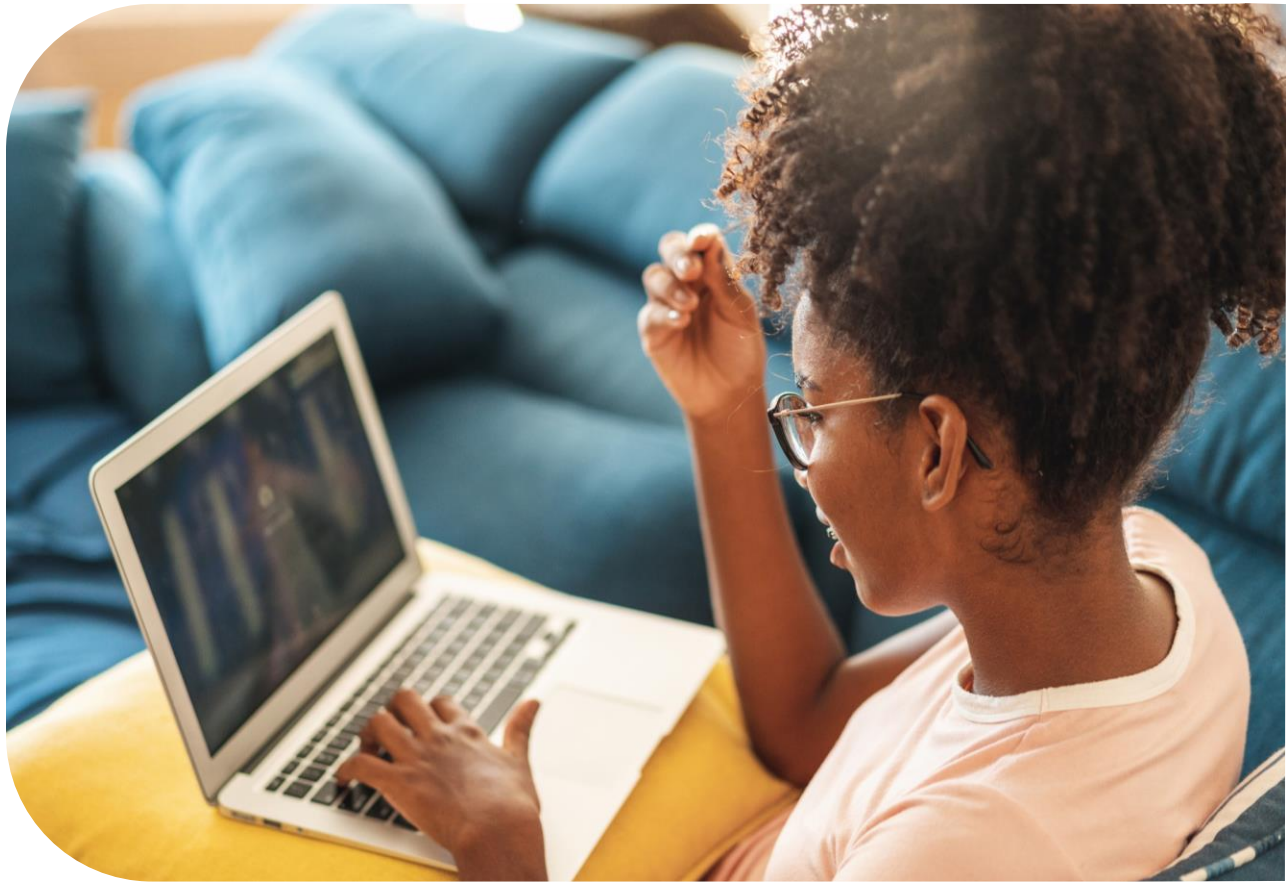
GamCare's Young People's Support Service

- Available nationally to anyone aged 11-18
- Free access to support, no waitlists
- Accessed remotely via preferred method



National Gambling **Helpline**
0808 8020 133
GamCare.org.uk

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youngpeopleservice@gamcare.org.uk

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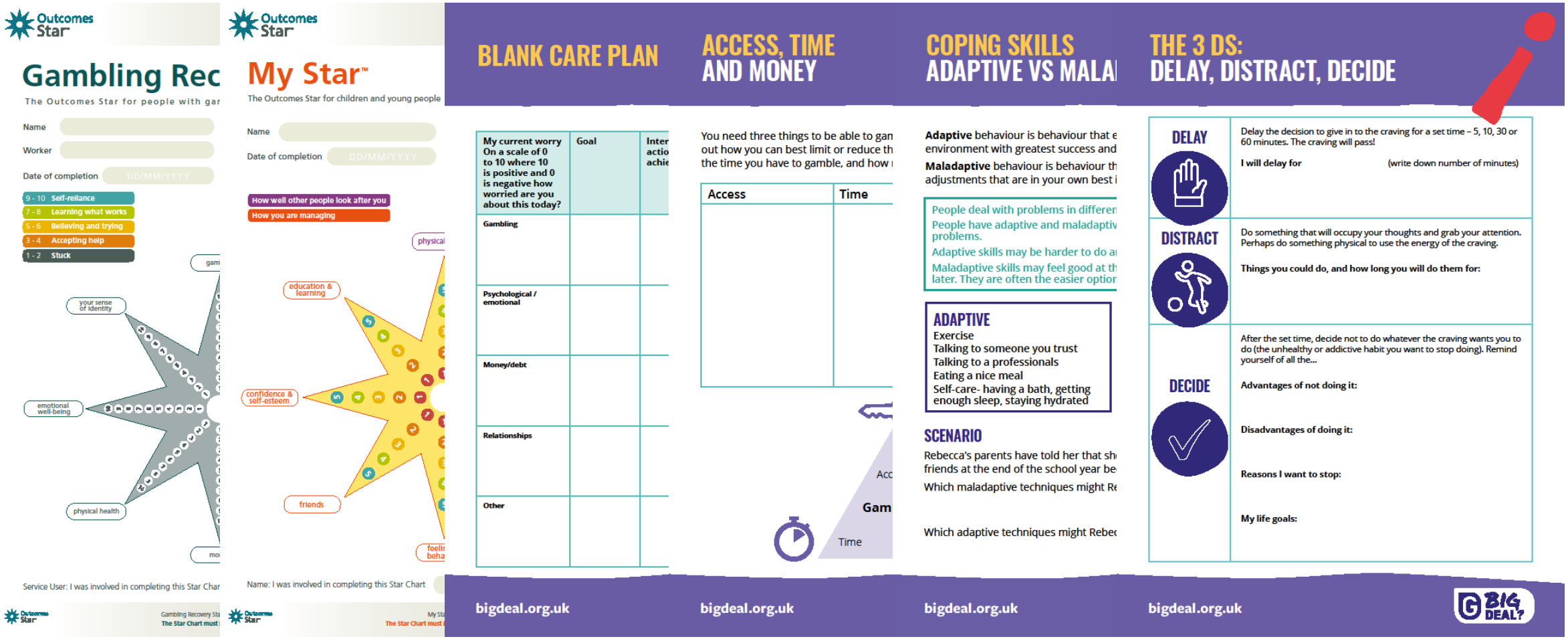
Tools we use with young people



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How we work with mental health

- Case Study ('B', 18, student, harmful gambler), online casino, online slots
- Living independently, receiving support from Social Care, NACRO, and is accessing education
- Diagnosis of depression and anxiety, history of attempted suicide by overdose
- Seen by CRISIS team, and referred to community mental health team
- With YP's consent, Support Lead liaises with CMHT
- Interventions on coping skills and safety techniques

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How we can help

- We encourage screening for gambling harms
- We can provide advice and provide a referral pathway to our Young People's Service
- We can train your staff on how to recognise gambling harms

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GamCare's Youth Advisory Board

Adele Leung – Youth Advisory Board Member

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Help and Support for Gambling Harms:

National Gambling Helpline:

0808 8020 133

GamCare's Young People's Support Service:

youngpeopleservice@gamcare.org.uk

Dedicated information for young people:

BigDeal.org.uk

Training and workshop enquiries:

hello@bigdeal.org.uk

GamCare.org.uk

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Thank you for listening, please come and talk to us throughout the day:

Craig de Vos – Programme Manager

Alexa Roseblade – Senior Programme Manager

Verity Bramwell – YP Support Team Manager

Danielle Byrne – Education and Training Lead

Jen Peach – Support Lead

Ciaran McGinley – Lived Experience Manager and Youth Advisory Board Coordinator