# Ygam

## Student Mental Health: Prevention and Intervention Conference

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# Why we Exist:

What percentage of UK university students have gambled?

47% 63% 80%

Source: Censuswide 2021

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# Why we Exist:

What percentage of students spend more than £50 per week on gambling?

9% 34% 18%

Source: Censuswide 2021

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# Why We Exist

Today's young people are growing up in an increasingly digital, online and connected world. This brings many opportunities, as was seen during the Covid pandemic when education and social interaction was facilitated through online access to people and services. However, this also comes with its challenges and risks.

**92% of young people play video games[1] and over 30% of them say they play for more than 3.5 hours per day with 8% reporting co-occurring gaming and wellbeing issues[2],**

**3.3% of 11–16-year-olds are estimated to be experiencing, or be at risk of experiencing, negative impacts due to their own gambling.**

1https://www.alliance-scotland.org.uk/blog/news/new-report-young-peoples-views-on-gambling-and-gaming/
2https://pediatrics.jmir.org/2022/4/e41480/
3https://www.gamblingcommission.org.uk/statistics-and-rsearch/publication/young-people-and-gambling-2022
4https://pshe-association.org.uk/evidence-and-research-key-principles-of-effective-prevention-education

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# Mental Health:

Winning Stage → Losing Stage → Desperation Stage → Hopeless Stage

**19%**

People experiencing harmful gambling considered suicide in the past year

It's not so much about the debt, at least not on its own. It's the knowledge that you just can't stop, even if you want to. You feel powerless, gambling just possesses you. The shame and the stigma associated with gambling is sometimes too much to take and your health deteriorates rapidly. Myself and others like me have all felt this way. I just wanted it to stop.

- **Sam Starsmore: Expert by experience.**

**6X**

**More likely to have suicidal thoughts**

**Source: Lund University 2018**

Recovery Stage: During this stage, gambling addicts realise through the help of their counsellors, therapists, that they can rebuild their lives and regain what they have lost.- ILLINOIS INSTITUTE FOR ADDICTION RECOVERY

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# Programme Delivery

**99.6%**
of delegates would recommend our workshops to colleagues.

**4,819**
delegates.

**1,857,895**
estimated young people reached.

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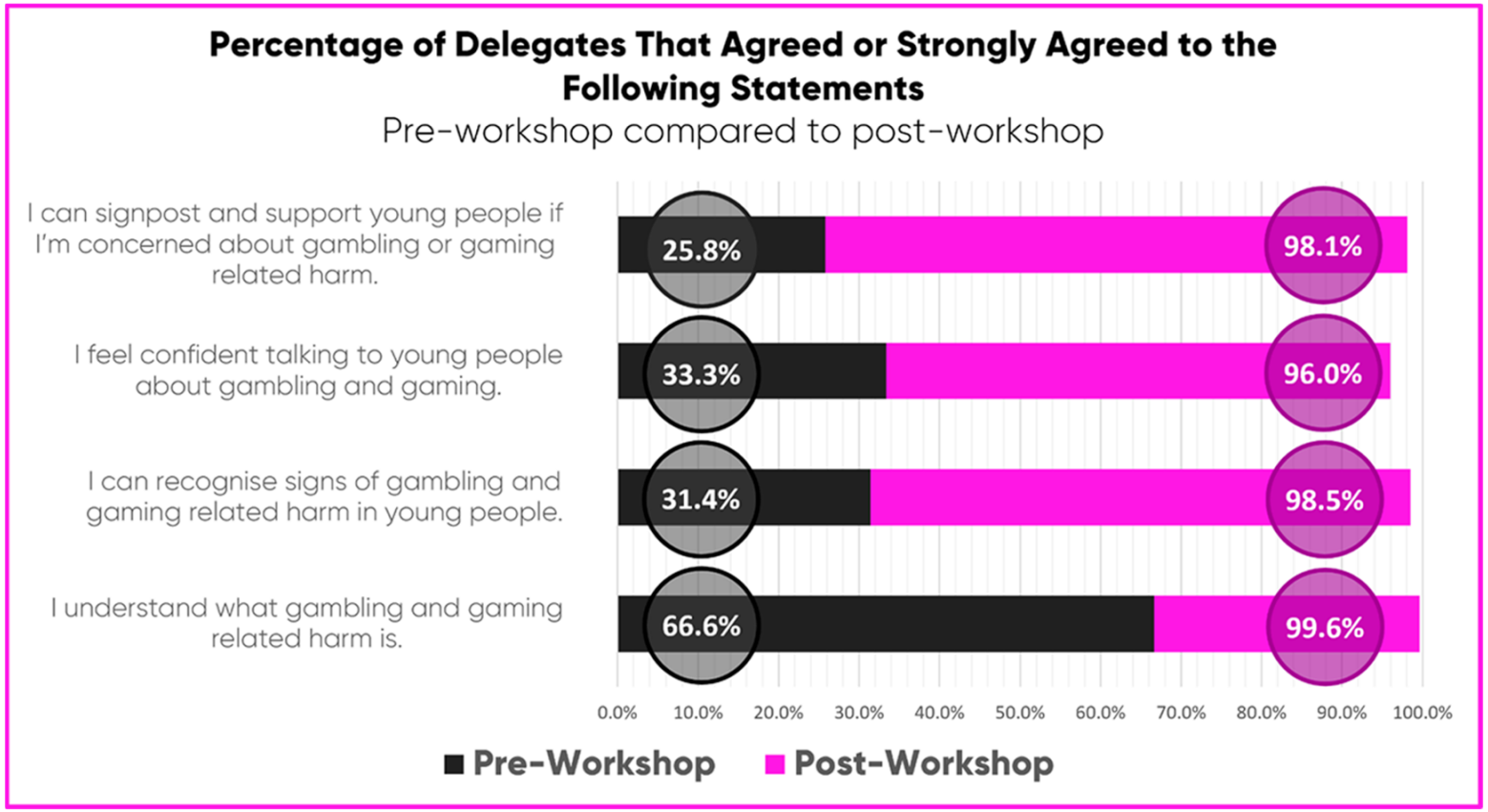
# For Teachers and Youth Workers

We provide CPD training for teachers and youth workers[5] equipping them with the knowledge, skills and confidence to deliver awareness sessions to young people about the potential harms of gambling and gaming.

Delivered in partnership with GamCare and supported by the Betting & Gaming Council, the £10million programme is the largest of its kind and aims to reach and safeguard millions of young people across England, Wales and Northern Ireland.




[5]The YPGHPP is delivered in partnership with GamCare and Youth Work Alliance, Northern Ireland. The data reported here relates to only Ygam's activity as part of the wider programme of work.

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# Case Study

> The training was phenomenal, its some of the best feedback we've had from staff" **Partner**

> "The focus on such a significant issue that really impacts YP, helps creates a culture among staff that promotes follow through…. that really helps us.." **Partner**

> "I recommended the training to the FE Tutorial Network" **Delegate**

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support

GamCare | Ygam

- **Context.** Ygam trained a specialist land-based college based in Cheshire, that offers a range of diplomas, apprenticeships and degrees. The college also provides residential accommodation for students. Staff at the College were first made aware of Ygam training during the 2020 Covid-19 lockdown, via a post on LinkedIn. This resonated with the College, which prides itself on looking at national trends where there might be a need for intervention to safeguard students.
- **Training was highly rated and delivered College wide.** A bespoke package of training was delivered to around 600 members of staff at a staff inset day. The training was highly rated by staff, many of whom reflected on their own experiences with gaming/gambling. Whole organisation training was considered important because of the residential nature of the college, and wider training would effectively promote a culture of awareness.
- **Staff were more aware of gambling harm and a greater culture of awareness was established.** Interviewees reported greater awareness of gambling and gaming harm among staff, and staff-wide training promoted a culture of awareness ensuring that staff 'followed through' on any concerns they spotted.
- **Influencing content and processes.** The training influenced content in a newly designed tutorial programme (The BeReady programme). The training added weight to the case to fund 16 new progress coaches taking tutorial/ pastoral responsibilities for students. Tutorial resources are being used by progress coaches.

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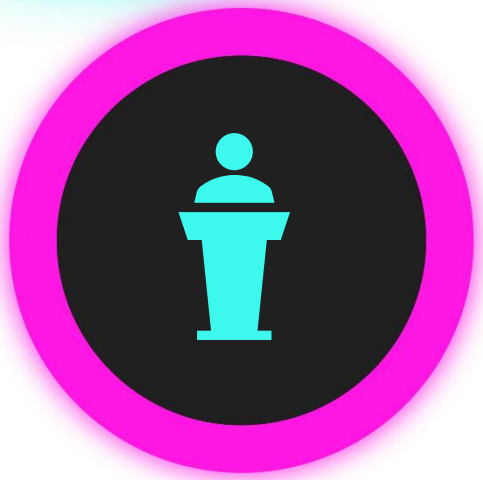
# IMPACT ON STUDENTS

Anecdotally, sessions delivered by tutors were well received by students reportedly challenging previous mindsets “It made them think”. Since the training, at least one student had been referred to further support with gaming/gambling harm by the College’s Wellbeing team.



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# University and Student Engagement

**352** **university staff trained, who estimated they will work with 75,275 students on campus over the next 12 months.**

**99.3%** **of staff trained would recommend the workshop to others.**

**70%** **of students had increased knowledge about how gambling effects people because of their interaction with us.**

*"I had a discussion with a student who was spending large amounts of money on horse racing. I encouraged them to speak to their family and gave them information on agencies who could help. It was also linked to depression, so I encouraged a visit to the GP."* **- Student welfare officer**

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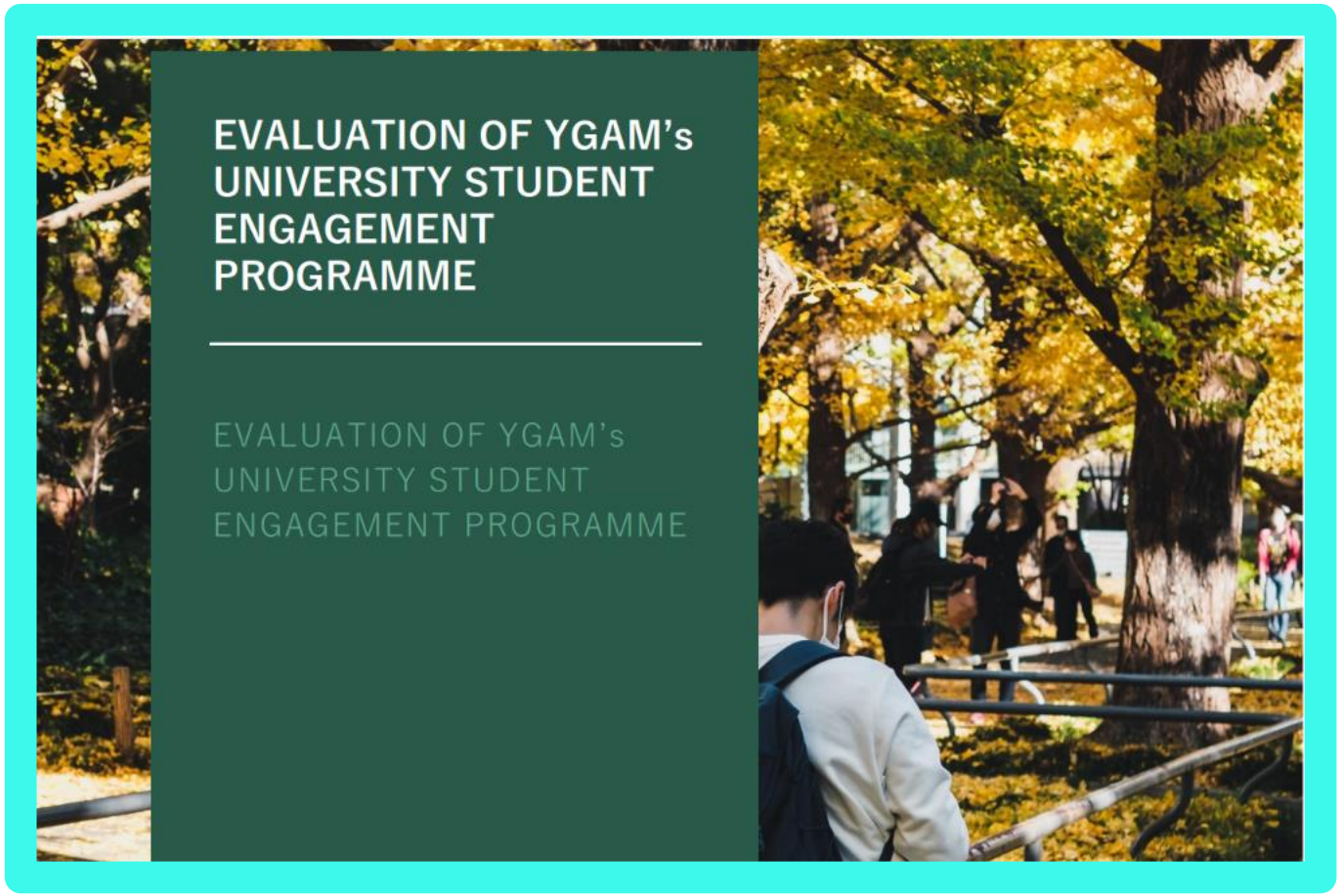
# Ygam and Clearview Research

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# ClearView findings

## Professionals

All respondents to the ClearView professionals survey that their knowledge about gambling related harms has increased.

- All strongly agreed that they understand why students might gamble.
- All said they knew more about gaming-related harms
- All strongly agreed or agreed that they understand why students might game.

**93% of respondents said they felt confident speaking with students about gaming- or gambling-related harms.**

**79% agreed or strongly agreed that they would be able to spot the signs of gaming or gambling-related harms**

**All respondents said they know where to signpost students experiencing harm**

YGAM for Students

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# ClearView findings

**"I had a discussion with a student who was spending large amounts of money on horse racing. I encouraged them to speak to their family and gave them information on agencies who could help. It was linked to depression, so I encouraged a visit to the GP."**

**(University staff member)**

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# ClearView findings

## Students

90%

80%

90%

80%

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# ClearView findings

‘Students at the universities involved in our study liked being aware of places to go to seek help with regard to gaming and gambling. They specifically referenced seeking help from their respective university unions or using YGAM’s website, the online hub. Knowing about the YGAM website was particularly helpful, as it provided an extensive list of organisations to contact for support.’

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# Lived Experience

"When you go to university for the first time and you have student finance, money from your parents and other financial support you can be tempted to gamble recklessly. It took over my life – I wasn't studying, I was just sitting in my halls gambling. In my second year of university, I ended up gambling away my student loan in the first 24 hours."

"It is important that students have access to organisations, such as YGAM, to educate them about gambling and provide support and that they are aware of essential tools such as self-exclusion if they are experiencing problems with their gambling. I know that it would have benefited me when I was at my lowest point".

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WELCOME TO THE

# YGAM STUDENT HUB

Welcome to YGAM University and Student Page. This is a page to help you find out more about gaming and gambling and the support available to you if you're worried about yourself or someone else.

OUR WORK



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**If you would like to find out more information about how Ygam can support yourself or your organisation please feel free to get in touch:**


# Kyle Riding

**Head of Programmes**

Kyleriding@ygam.org

**training@ygam.org**


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