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Student Mental Health

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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

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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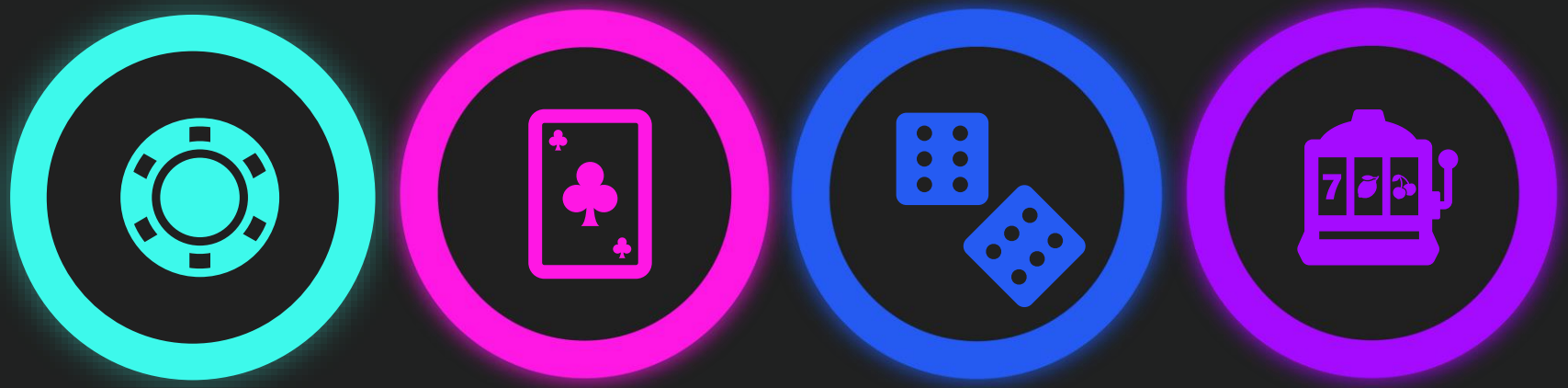
WHY DO STUDENTS GAMBLE?



Why might students gamble?
What are the influences?

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STUDENT GAMBLING

46%
Money

35%
Fun

25%
Risk

14%
Relax

34%
Friends

53%
No interest

40%
Money

25%
Religion

40%
Impact

15%
Addiction

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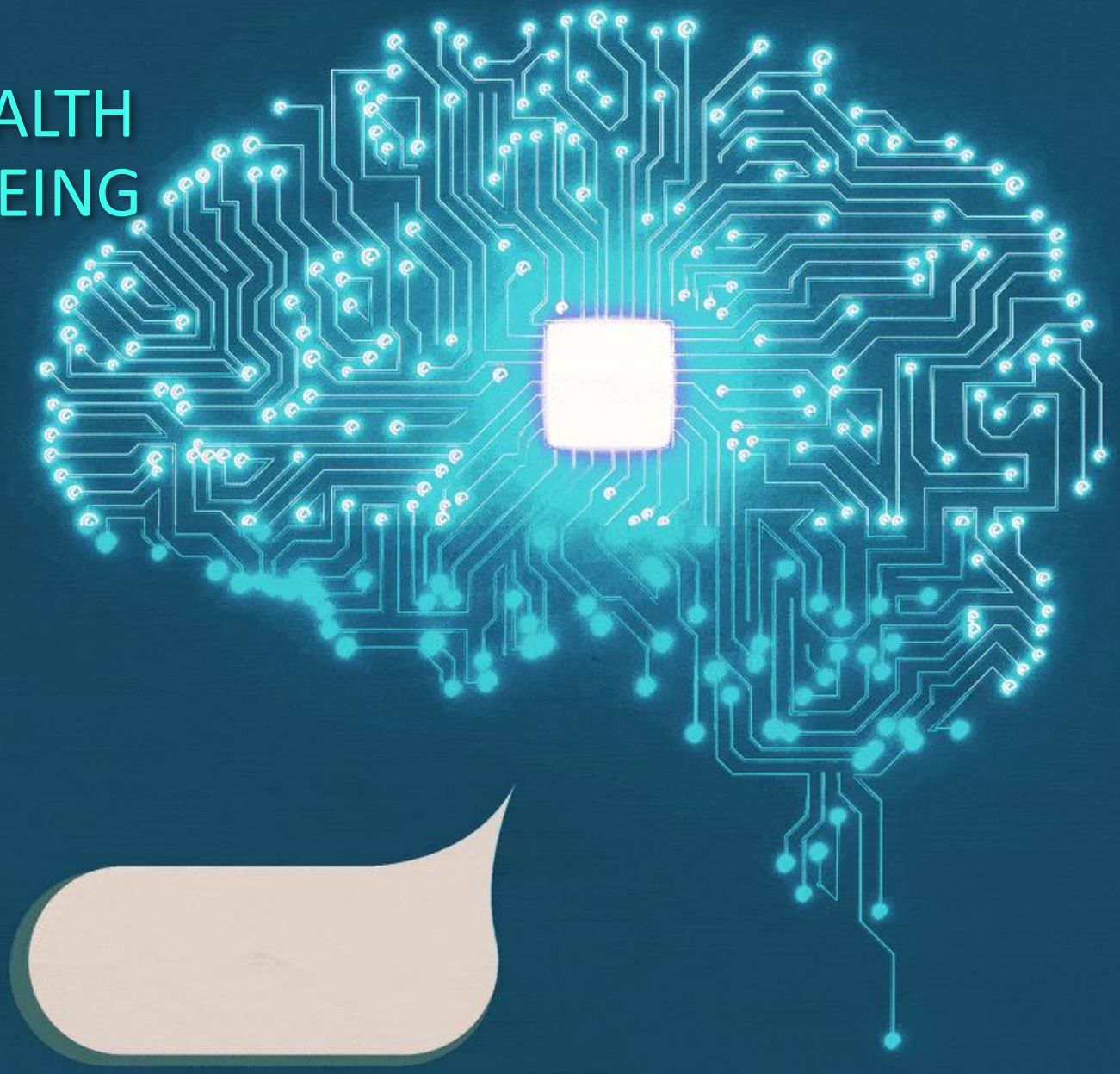
MENTAL HEALTH AND WELLBEING



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FINANCES AND MENTAL HEALTH

1 in 7 students worried about money also generated money online eg via social media, OnlyFans etc

5% of students surveyed said taking out a payday loan changed their minds about dropping out or deferring a year due to money constraints.

Students in the NE and NW are more likely to have had to forgo a meal (46% and 42%), compared to those in the East of England (29%) and Wales (28%)

Quote: I've entered competitions to try to win money, radio competitions, and the lottery, which has increased my mobile phone bill.

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Source: Blackbullion 2021

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FINANCES AND MENTAL HEALTH

Lockdowns increased isolation with students more likely not to have left their home or accommodation in the 7 days (Students between 2 and 3:10) (general public less than 1 in 10).

Source: ONS 2020

In 2021, **27,600** Students sought support from Shout for mental ill health.
Anxiety: 40%
Depression: 33%
Suicidal Ideation: 28%

Source: Shout 2021

16-24yr Olds.
Attempted suicide **9X** higher for men and **5X** higher for women who were experiencing problem gambling compared to non problem gamblers.

Source: Wardle & McManus 2021

Depression, stress and anxiety increased for Non-Gamblers, Non-Problem Gamblers and Potential Problem Gamblers – highest levels were for the potential problem gamblers before and during the first lockdown.
Source: KCL 2021.

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Source: Blackbullion 2021

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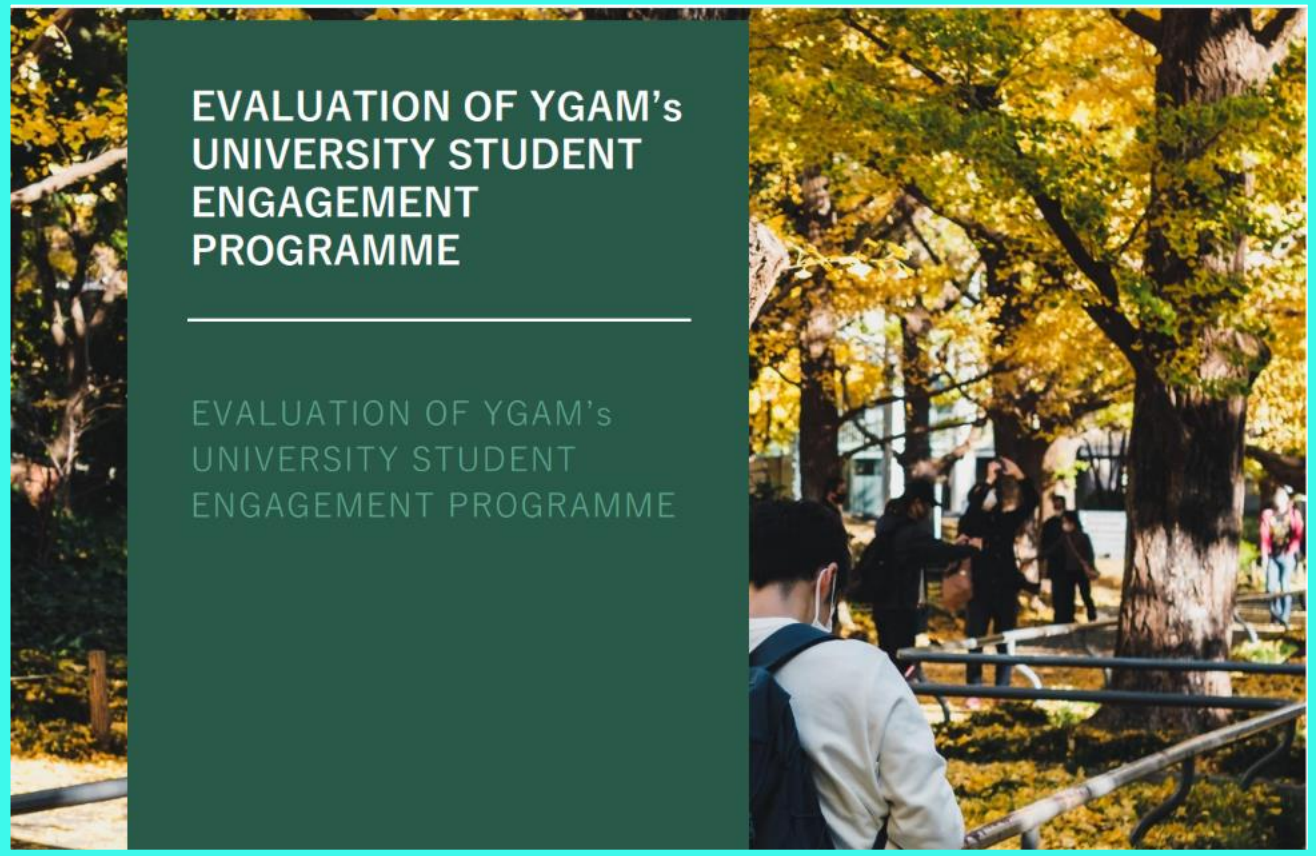

YGAM for Students

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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.

All respondents said they know where to signpost students experiencing harm

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ClearView findings

Students

90%

80%

90%

80%

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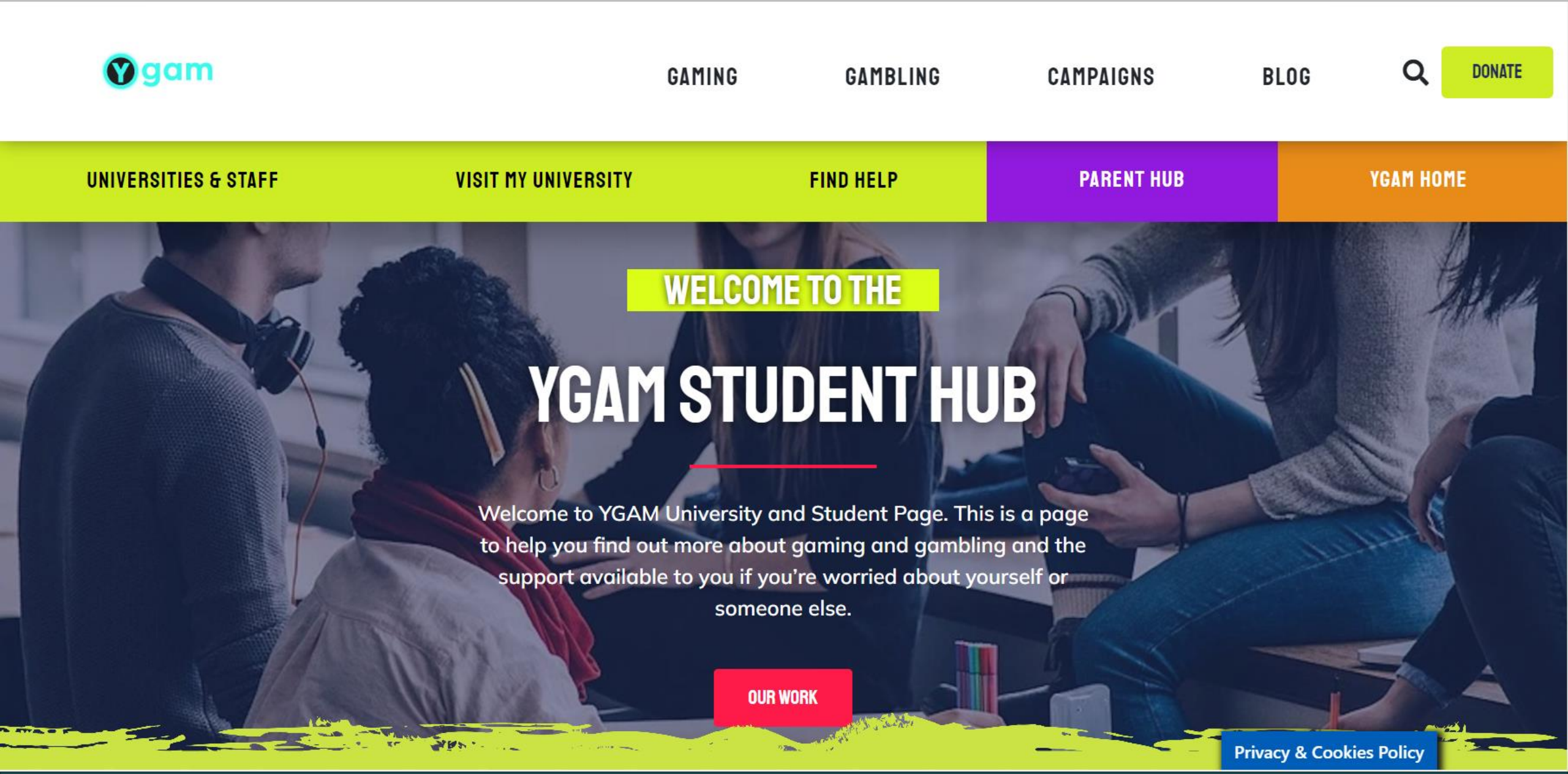

www.students.ygam.org

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SIGNPOSTING OPTIONS

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SUPPORT

The National Centre for Behavioural Addictions.

Contact us:

To contact the clinic for more information or to discuss a referral:
Telephone: 020 7381 7722
Email: ncba.cnwl@nhs.net

Contact us:

If you would like to make a referral: Email us at: gambling.cnwl@nhs.net
If you do not have access to email, call 020 7381 7722
and leave a contact number.

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SUPPORT

National Gambling Helpline: 0808 8020 133

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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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THANK YOU!

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#SafeguardingOurDigitalGeneration

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