

# Mental Health & Wellbeing at the Bar

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Gambling



Wellbeing  
at the Bar

# Gambling

According to statistics from [Gamble Aware](#) as many as 590,000 adults in Britain may have a problem with gambling. Gambling takes many forms, from the seemingly innocuous lottery and scratch cards many of us use weekly to online bingo and sportsbetting on the high street. It seems like the opportunity to gamble is never far away.

## How to recognise a gambling addiction

Gambling often starts innocently as an enjoyable pastime. For some people it escalates into something they have trouble controlling and which is addictive. Behaviour may change as a result of the urge to gamble and others may start to notice these changes in you. You might notice that you have become withdrawn, anxious, stressed or moody around those you work with and care for.

Thoughts of making your next bet may dominate your waking hours. Guilt is often associated with addictive behaviours. You may notice you avoid talking about winnings or losses or find yourself lying to loved ones about money concerns. Unhelpful coping strategies such as drinking too much alcohol may feel like a short term solution.

The fallout from gambling addiction can be devastating: relationship difficulties, separation from partners and family and loss of employment are not unusual in those who struggle to manage their addiction. Free, impartial and compassionate support is available to anyone concerned about their own gambling behaviour or that of others.

## Where can I find out more?

- <http://www.gamcare.org.uk/>
- <http://gascotland.org/>
- <http://gamanon.org.uk/>
- <http://www.gamblersanonymous.org.uk/>
- <http://www.nhs.uk/Livewell/addiction/Pages/gamblingaddiction.aspx>

### **Gambling support for young people**

- <http://www.bigdeal.org.uk/>

### **Treatment options**

- <http://www.cnwl.nhs.uk/cnwl-national-problem-gambling-clinic/>
- <https://www.gordonmoody.org.uk/>

### **Associated financial advice and support**

- <https://www.nationaldebtline.org/>
- <https://www.moneyadviceservice.org.uk/en>