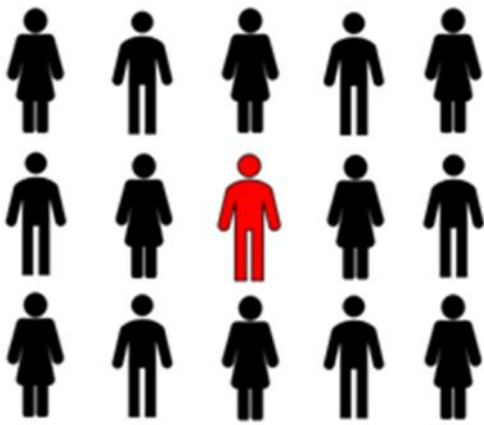


## COVID-19 UPDATE

We are still accepting referrals and offering treatment. Client facing services are available online and/or by phone and now is a good time to seek support. Due to the current situation, our **free** accredited training will now be delivered online. If this would be of interest to your organisation, please contact the Leeds team on **0113 3886466** for any enquiries or information.



## GET IN TOUCH...

- Self-referrals can be made via our website at [www.gamcare.org.uk/leeds](http://www.gamcare.org.uk/leeds)
- Call 0113 388 6466 to speak to our team about gambling related concerns.
- Email us at [leedscommunitygamblingservice@gamcare.org.uk](mailto:leedscommunitygamblingservice@gamcare.org.uk)
- OR contact the 24 hour National Gambling HelpLine on 0808 8020 133 to speak to an adviser.

If you have any engagement, training or drop in enquiries, please contact the engagement team directly on: **07425 330403**

## FOLLOW US ON SOCIAL MEDIA FOR REGULAR UPDATES:

<https://twitter.com/LeedsCGS>

<https://www.facebook.com/LeedsCGS/>

## WHO ARE AFFECTED OTHERS?

Gambling doesn't just affect the individual gambling, it creates a huge knock on effect which impacts the people around them. An affected other can be defined as someone who is experiencing harms caused by the gambling behaviour of a partner, sibling, friend or loved one. The harms experienced by an affected other can sometimes be just as severe as those experienced by the problem gambler.

Here at LCGS, we offer a range of support and treatment which can be provided face-to-face, online or over the phone. We support gamblers as well as the people around them who may be affected also. All of our services are free of charge and completely confidential.

It is estimated that an individual experiencing a problem with gambling can affect between 5 and 15 others.

7% of people across Britain are identified as affected others.

Amongst these, only 45% have tried to access treatment or support.

GambleAware and Nat Cen, 2020

## LIVING WITH PROBLEM GAMBLING

There are many harms that a person affected by a loved ones gambling may experience, here are just a few:

### FINANCIAL HARMS:

- ⇒ Reduced financial security due family savings being spent on gambling
- ⇒ Loss of assets such as a family home, car or business
- ⇒ Loss of essential utilities e.g. gas, water and electricity
- ⇒ Added stress due to having to take on additional employment

### WORK & EDUCATIONAL HARMS:

- ⇒ Missed work/school days
- ⇒ Frequently late to work/school
- ⇒ Reduced performance at work/school.

### RELATIONSHIP HARMS:

- ⇒ Loss of trust and relationship breakdown

### HEALTH AND WELLBEING HARMS:

- ⇒ Safeguarding concerns
- ⇒ Poor mental health e.g. anxiety & depression
- ⇒ In a 2018 GambleAware survey of 222 affected others, 16% of family members had admitted to self harming and 8% had attempted suicide.