

In a nutshell: Gambling and affected others

Affected others are people who experience harm as a result of the gambling of someone close to them.

For each person experiencing harm from their gambling, it's estimated 6 people close to them are affected.

Harmful gambling is a pattern of gambling behaviour that damages family, personal, or recreational pursuits.



3.3m adults

in GB identify as affected others - or 6% of the adult population.

2m children

in GB are estimated to live in households with adults experiencing harmful gambling.

Many children and young people worry about the gambling of someone close to them.

Among Scottish young people (11-26) with someone close to them who gambles regularly,

1 in 3

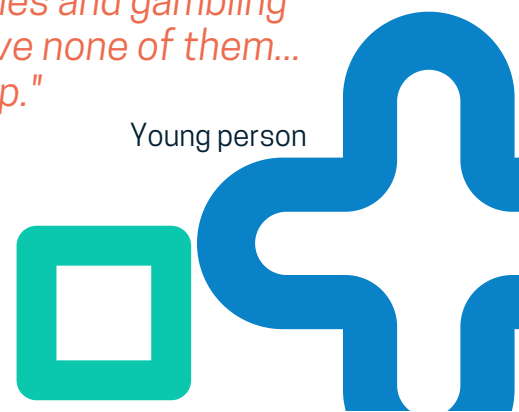
said it had worried them (33%).

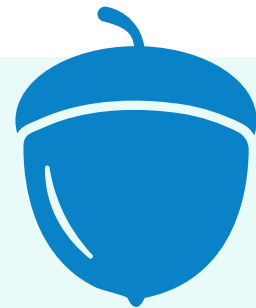
"In terms of my relationship it did cause lots of trouble as my girlfriend was very strict regarding games and gambling but I can't leave none of them... so we broke up."

Young person



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The impact of someone close to you having gambling problems can be profound.

Affected others may experience impacts on their:



Resources

School performance, employment, and finances, and may lead to criminal activities.



Health

Both mental and physical health, and may lead to substance use or suicidal thoughts.



Relationships

Relationships with family, friends, and the wider community. For example, through family breakdown or homelessness.

"My son's feelings towards him now have gone like out of the window. Ever since my son has stopped writing his surname now, that's the impact it's had on him."

Mother, on the impact his father's gambling had on their son

"I feel so exhausted that I don't take proper care of myself..."

Intimate partner

Young people are especially vulnerable to harm from a parent or caregiver's gambling. Children of parents or caregivers with gambling problems are more likely to experience:



Poor mental health



Family stress or instability



Family violence



Gambling problems later in life

If you are worried about your own or someone else's gambling, the first step is to ask for help.

Whatever you're dealing with, support is available.



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For more information, see our Gambling Education Toolkit:
<https://gamblingeducationhub.fastforward.org.uk>

