



INFORMATION TO SUPPORT YOUNG PEOPLE EXPERIENCING GAMBLING PROBLEMS

OVERVIEW OF YOUNG PEOPLE'S GAMBLING SUPPORT SERVICES

The Gambling Commission's 2019 survey of young people aged 11-16 years found that 11% had spent their own money on a gambling activity in the 7 days prior to taking part in the study – this equates to approximately 350,000 11-16 year olds in England, Scotland and Wales. Participation in gambling remains higher among boys (13%), compared with girls (7%) and older children (12% of 14-16 year olds, compared with 9% of 11-13 year olds). The rates of gambling in the past week (11%) are lower than drinking alcohol (16%), but higher than using e-cigarettes (7%), smoking tobacco cigarettes (6%) or taking illegal drugs (5%).

NHS National Problem Gambling Clinic - CNWL

This service treats problem gamblers living in England and Wales aged 16 and over. It is jointly Commissioned by GambleAware and the NHS.

The system includes other providers such as the NHS Northern Gambling Clinic, GamCare and The Gordon Moody Association. It is a self-referral process using the email address provided on the website.

GamCare – BigDeal

BigDeal is part of GamCare and offers dedicated help to children and teenagers, from 11 years up. Their Young People Service offers support to young people who are struggling with their own gambling or the gambling of someone close to them. BigDeal is a place for young people to get information, advice and guidance about gambling. This support can be accessed via the 24-hour live chat found on their website or by calling their Young People Service on 0203 092 6964 (9am-8pm Monday-Thursday; 9am-5pm Friday). Outside these hours, it is best to call the National Gambling Helpline for free on 0808 8020 133 (24 hours, every day).

INFORMATION TO SUPPORT A 'GAMBLERS' ON GOING RECOVERY

NHS National Centre For Gaming Disorders

A report by the Royal Society of Public Health in December 2019, found that over half of young people believe that playing a video game could lead to gambling and that the link between gaming and gambling is a negative one. Gaming has been associated to the progression and development of a gambling addiction through the encouraged use of loot boxes, skins, in-game purchases and add-ons found within the computer video games.

The National Centre for Gaming Disorders is the only clinic in the UK that provides treatment for problem gamers living in England and Wales aged 13 and over - it is part of the NHS National Centre For Behavioral Addictions, which includes the NHS National Problem Gambling Clinic. Here they assess and treat the needs of problem gamers as well as their family members or carers. The service is led by a consultant psychiatrist and staffed by psychologists and family therapists. Self-admissions as well as referrals from family members and professionals are welcome.

To request a referral form please email ncba.cnwl@nhs.net or call 020 7381 7722.