

HARMFUL GAMBLING

Why does it matter in football?

The nature of football as a sport enables a culture of gambling around the outcome and live play during the games. The sport generates over 70% of all global sports bets each year. As such, gambling companies have invested huge amounts of money into Premier League clubs partnering with them. Footballers within the system also find themselves in and around the gambling space, with the large amounts of money they earn and long periods of spare time that footballers can have, gambling can seem like an appropriate use of their time. The FA have stepped up the stance on betting on football for all club staff and have clear rules to protect football's integrity.

What is the impact of harmful gambling?

Gambling can negatively influence not only the individual but many of the people around them if they start to fall into harmful gambling patterns. Gambling related harm can lead to a higher risk of mental health and wellbeing issues, suicidal ideation/intent, drug and alcohol misuse, financial crisis, problems with education/work & relationship difficulties. When someone is experiencing gambling harm, they can lose interest in maintaining personal relationships, career or hobbies as they are preoccupied with gambling, and they can suffer from social isolation. Regular life sometimes doesn't hold the same appeal as the gambling 'high'.

Top Tips for staying safe from Harmful Gambling

- **Set a money limit and stick to it**
Have a look at your finances and see how much you could spend without jeopardising other responsibilities.
- **Set a time limit and stick to it**
Decide on a time when you will leave the venue or website, to help you stick to your budget.
- **Expect to lose and treat any winnings as a bonus**
Treat gambling just like going to a concert or going out to eat don't expect to get your money back at the end.
- **Have other hobbies and interests**
Make sure that you keep up with other activities, so that gambling doesn't become your main pastime.
- **Be open and honest about your gambling**
If you find yourself struggling to be honest about what you've spent or how you're spending your time, consider getting some help.
- **Only use cash**
This is a great way to stay on budget.
- **Quit when you are ahead**
Don't assume you are on a lucky streak and keep gambling.

What is harmful gambling?

Gambling is simply defined as 'to stake or risk money, or anything of value, on the outcome of something involving chance'. Gambling can be a fun and safe activity, however, when a person has the urge to continuously gamble despite negative and harmful consequences or the desire to stop this is identified as 'harmful gambling'. Gambling related harm (GRH) research findings show that 47% of the population, aged 16 years and over, have taken part in some form of gambling in the past four weeks. These results were found to be higher than smoking tobacco (6%) and illegal drug use (5%).

What to look out for?

The indicators that an individual's gambling behaviour is problematic and harmful include:

- Preoccupation – often thinking about or planning to gamble.
- Tolerance – needing to gamble with more money to get excitement.
- Withdrawal – negative emotions when trying to cut down on gambling.
- Loss of control – spending more than you plan to (time and money).
- Escape – the motivation for gambling being to escape negative elements of life.
- Chasing losses – gambling to try and win back money that has been lost.
- Lying – gambling leading to lying to friends/family.
- Illegal acts – taking money without permission, misusing money to fund gambling.
- Risked relationships – putting personal relationships at risk.

What to do if you think you're a victim of harmful gambling?

If you are worried or concerned for yourself or another, there are many people who you can talk to. The National Gambling Support Network is a group of organisations across Great Britain that provide free, confidential and personalised support for anyone who's experiencing harm from gambling, as well as those affected by someone else's gambling.

With this service you can:

- Refer yourself online via a form
- Call or email to make an appointment (walk-in appointments are often not possible)
- Talk to a helpline adviser, who can refer you and signpost to other local support
- Contact them online at www.gambleaware.org or call 24/7 on 08088020133

Where can I find more information?

www.begambleaware.org - call 24/7 on 08088020133

www.ygam.org – 02038374963

www.betknowmoreuk.org – 08000664827

Gambling Therapy App

