



Supporting recovery
Reducing harm
Rebuilding lives

Gambling: the facts

Did you know?

- You have to be 16 or over to play the lottery, but 18 or over for most forms of gambling.
- Online gambling is increasing – it has never been easier with access available 24/7.
- Micro transactions in computer games are considered to be a gateway into gambling for young people.
- Gambling is accessible to anyone at nearly every venue.
- More than two million people in the UK are either problem gamblers or at risk of addiction.
- 44% of adults gambled during any four-week period in 2021/22.
- 25% have gambled online.
- The total gross gambling yield in 2021/22 was £14.1 billion, £6.9 billion of which was from online gambling.



Gambling and your health

- Gambling can cause many health issues, including anxiety depression and suicide.
- It increases the heart rate and blood pressure – the same as using alcohol or drugs.
- It is an emotional issue and people use it to relieve stress and feel euphoric.
- It is not just a financial problem – it becomes an obsession and can take people’s lives affecting work, relationships, finances and health.
- Pathological gamblers are significantly more likely to have mental health disorders and or substance misuse issues.

Getting help

- You can self exclude from all gambling sites and also get support from Gamcare:
www.gamcare.org.uk
- Gamstop and BeGambleAware are independent services that offer you the choice to stop and exclude yourself from all online gambling sites:
www.gamstop.co.uk
www.begambleaware.org




If you are in need of support or guidance for yourself or another, please call us on:

0121 301 4141

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

Find out more

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