

Are you worried about gambling

Gambling can be both a cause of worry and poor mental health and used as a way of escaping from difficult feelings, although it can often make these feelings worse.

Understanding the impact

Gambling could be anything from playing the lottery, betting on sports, or even using online gaming platforms. Many people don't realise that gambling isn't just about casinos or betting shops, it can also happen in video games, online betting sites, or even on apps that encourage in-game purchases.

Gambling can seem like a harmless way to have fun, but for some people it can become an addiction. This means that instead of having control over it, the gambling starts to control them. A 2023 study found that 26% of 11-17 years olds had spent their own money on gambling in the last year, with 0.7 percent of this age group identified as problem gamblers and 1.5% as at risk.

Gambling doesn't just impact your wallet, it can also affect your wellbeing:

- Stress and anxiety - Losing money can cause a lot of stress. Worrying about how to pay it back or how you're going to get out of a bad situation can feel overwhelming and lead to anxiety.
- Depression - The emotional toll of losing money or getting caught in a cycle of gambling can leave you feeling down, hopeless, or helpless. You might start to feel like you're trapped in a situation with no way out.
- Isolation - If you start gambling secretly or feel embarrassed about it, you might start withdrawing from friends and family. This isolation can make you feel even worse and cut off from the support you need.
- Low self-esteem - Constantly losing or feeling out of control with gambling can cause your confidence to drop. You might start to think you're not good enough or that nothing ever goes right for you.

Helpful tools

Gambling can be fun when done responsibly, but it's important to know the risks and what your limits are. Always remember:

- Set a limit on how much time or money you'll spend.
- Never gamble when you're feeling upset or stressed.
- Take breaks and give yourself time away from gambling.
- Avoid gambling with money or items that you can't afford to lose.
- If gambling is becoming an issue, don't wait. Talk to someone and get some support.

Other resources

- [YP@Motiv8](#)
- [GamCare](#)
- [Big Deal](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)