



7 MINUTE BRIEFING 'YPS'



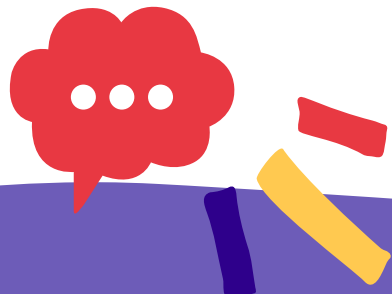
1. What is the YPS? The Young People's Service (YPS) is a dedicated team that helps young people between the ages of 11-18 who are experiencing harm because of gambling or gaming. The team can help if you are struggling with gambling/gaming yourself or if you are affected by someone else's gambling/gaming. The Young People's Service can also provide information and advice to parents and professionals.

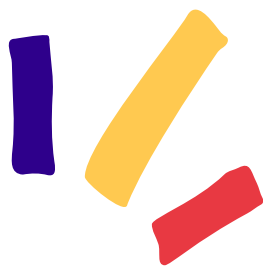
2. Why does it exist? According to the Gambling Commission's annual survey on young people in 2019, 11% of young people aged 11-16 had spent their own money on a gambling activity in the previous seven days. This equates to approximately 350,000 11-16 year olds across Great Britain, 55,000 of whom are classified as participating in harmful gambling. This survey also showed that for the young people who have heard of in-game items, 44% have paid money to open loot boxes/crates/packs to get other items within a game they were playing, and 6% have bet with in-game items on external websites or privately (e.g. with friends).

3. The impact of gambling harms.

The impact of harmful gambling on both the individual and affected others include: mental health and well-being issues, higher risk of suicidal ideation/intent, drug and alcohol misuse, financial crisis, issues with education/work, criminality, relationship difficulties and the associated social and psychological impact on affected others. Findings published by the institute for Public Policy Research in 2016 discovered that harmful gamblers, in contrast to the general population, are:

- 9 times more likely to be accessing mental health services and
- 3 times more likely to have visited the GP due to mental health issues.





4. Affected others. Gambling harms affect far more people than just the person who gambles. Some estimates suggest that for every harmful gambler, between 6 and 10 additional people (such as friends, family or co-workers) are directly affected. This means that between 2.5 to 4.3 million people in Great Britain may be affected by gambling harms. Citizens Advice found more than one in ten (11%) were the children of the harmful gambler. That means estimates are 275,000 to 473,000 children are impacted as affected others in Great Britain.

5. Harms to affected others. The “Out of luck” report from Citizens Advice Service found

- over a third of families with children couldn’t afford essential costs such as food, rent and household bills as a result of a family member’s gambling.
- More than nine in ten affected others experienced emotional distress.
- More than a third of households with children experienced family breakdown.
- Nearly all the affected others (91%) surveyed experienced emotional distress with more than half (57%) experiencing mental ill health.

6. What to do next? Young people, parents/carers and professionals supporting young people can find information, advice and support through the National Gambling Helpline on Freephone 0808 80 20 133 (24 hours a day) and on **Big Deal**. Professionals can access advice and guidance from the YPS by **email**. Parents can access advice and guidance, or support from the YPS in relation to the relationship with their child/dependent where anyone in the family are experiencing gambling related harms. Self-referrals and referrals from a concerned adult (with the YP’s consent) can be sent via our **Referral Form**.

A light blue rounded rectangle containing a purple speech bubble and text. The speech bubble contains the text '7. WANT TO KNOW MORE?'. To the left of the speech bubble are three small brush strokes in purple, yellow, and red. Below the speech bubble is the text: 'GamCare and our partners provide free training and interactive workshops across the UK. These sessions can help you recognise the signs and symptoms of harmful gambling, how it can affect young people, and how to engage with the young people you work with about the issue. Visit **Big Deal** or email hello@bigdeal.org.uk'

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