



NHS

**Northern
Gambling Service**

The hidden cost of gambling

One harmful gambler affects up to 10 family members, friends and work colleagues.

Up to 4.3 million people across the country are being impacted by a loved one's harmful gambling.

The impacts on family and friends include emotional distress, mental health problems, financial difficulties, child neglect, and family breakdown.

If you believe a patient is being affected by a loved one's gambling, we are here to help. We run dedicated Affected Others programmes to help family and friends learn skills to reduce stress and increase confidence to cope with their loved one's gambling – and this is available even if he or she isn't seeking help themselves.

Tel: 0300 300 1490

Email: referral.ngs@nhs.net

Find out more about us at:



**SUPPORTING
YOUR RECOVERY**

SHIFTING THE ODDS

Shifting the Odds on harmful gambling

Only 3% of people suffering from harmful gambling either seek or are referred for treatment

This means millions of men and women, young and old, are suffering in silence - or not so silently causing harm to their loved ones, friends and colleagues. Many of them may be your patients.

We know how precious time is with a patient, either at screening or during in-surgery visits and telephone consultations and we also know how hard it is to recognise the signs of gambling addiction.

We want you to help us shift the odds for your patients.

Our Shifting the Odds campaign brings together a range of resources for you and your clinical teams; it provides the knowledge and confidence to start the conversation about harmful gambling and how you can refer to the NHS Northern Gambling Service.

Visit [website] for more information - as Covid restrictions drive more extreme gambling behaviour, now is the time to shift the odds.

**Northern Gambling Service referral hotline: 0300 300 1490 or
referral.ngs@nhs.net**