

## Social Issues Spotlight: Gambling-related harm

### Sources and notes

1. **It is estimated that 400,000 people in Britain have a gambling disorder, with over 1.7 million people "at risk"**, Gambling Commission, *Gambling-related harm as a public health issue*, <https://www.gamblingcommission.gov.uk/PDF/Gambling-related-harm-as-a-public-health-issue.pdf>
2. **For every problem gambler, between 6 and 10 additional people (such as friends, family or co-workers) are directly affected.** Citizens Advice, *Out of Luck – An exploration of the causes and impacts of problem gambling*, <https://www.citizensadvice.org.uk/about-us/policy/policy-research-topics/consumer-policy-research/consumer-policy-research/out-of-luck-an-exploration-of-the-causes-and-impacts-of-problem-gambling/>
3. **Between 2.5 to 4.3 million people in the UK who may be affected by gambling-related harm**, Citizens Advice, *Out of Luck – An exploration of the causes and impacts of problem gambling*, <https://www.citizensadvice.org.uk/about-us/policy/policy-research-topics/consumer-policy-research/consumer-policy-research/out-of-luck-an-exploration-of-the-causes-and-impacts-of-problem-gambling/>
4. **[Gambling related harm can] include significant safeguarding issues, harm to finances and relationships, and impacts on mental health and wellbeing**, Gambling Commission, *Gambling-related harm as a public health issue* <https://www.gamblingcommission.gov.uk/PDF/Gambling-related-harm-as-a-public-health-issue.pdf>
5. **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**, Citizens Advice, *Out of Luck – An exploration of the causes and impacts of problem gambling*, <https://www.citizensadvice.org.uk/about-us/policy/policy-research-topics/consumer-policy-research/consumer-policy-research/out-of-luck-an-exploration-of-the-causes-and-impacts-of-problem-gambling/>
6. **12% of gambling takes place at work**, Gambling Commission, *Gambling participation in 2018: behaviour, awareness and attitudes*, <https://www.gamblingcommission.gov.uk/PDF/survey-data/Gambling-participation-in-2018-behaviour-awareness-and-attitudes.pdf>
7. **10% of working adults knowing someone for whom gambling has negatively affected their work**, Reed in Partnership, *Gambling and Employment*, <https://www.reedinpartnership.co.uk/admin/resources/reed-in-partnership-gambling-and-employment-report.pdf>
8. **Problem gamblers are more likely than others to suffer from low self-esteem, develop stress-related disorders, become anxious, have poor sleep and appetite, to develop a substance misuse problem and suffer from depression**, Royal College of Psychiatrists, *Problem Gambling*, <https://www.rcpsych.ac.uk/mental-health/problems-disorders/problem-gambling>
9. **Compulsive gambling leads to chemical changes to the brain**, Algamus Gambling Treatment Services, *The role of dopamine in gambling in gambling withdrawal*, <https://www.algamus.org/blog/role-of-dopamine-in-gambling-withdrawal>
10. **In 2019 UK gamblers collectively lost about £14.4bn**, Gambling Commission, *Industry Statistics*, <https://www.gamblingcommission.gov.uk/news-action-and-statistics/Statistics-and-research/Statistics/Industry-statistics.aspx>
11. **Three-quarters of problem gamblers have accumulated debt**, Citizens Advice, *Out of Luck – An exploration of the causes and impacts of problem gambling*, <https://www.citizensadvice.org.uk/about-us/policy/policy-research-topics/consumer-policy-research/consumer-policy-research/out-of-luck-an-exploration-of-the-causes-and-impacts-of-problem-gambling/>
12. **Only 1 in 50 problem gamblers receiving treatment**, Addaction, *Problem gambling explained in six graphs*, <https://medium.com/addaction-voices/the-problem-with-gambling-in-seven-graphs-219bbda83077>
13. **Only around 1% of women who experience gambling related harm contact the National Gambling Helpline**, Gamcare, *Why we're focusing on women and problem gambling*, <https://www.gamcare.org.uk/news-and-blog/blog/why-were-focusing-on-women-and-problem-gambling/>