



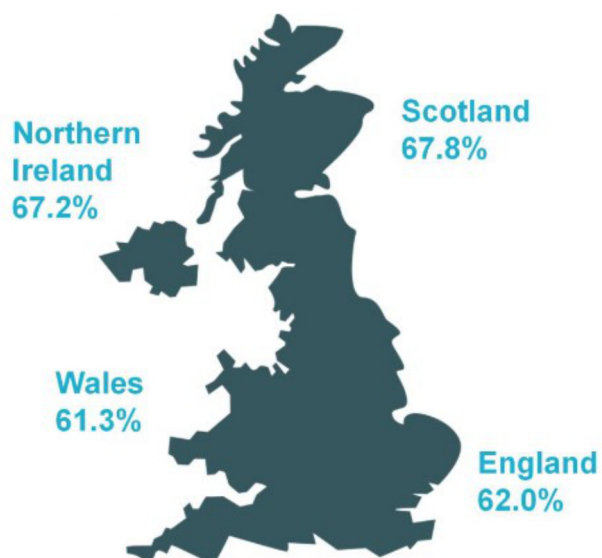
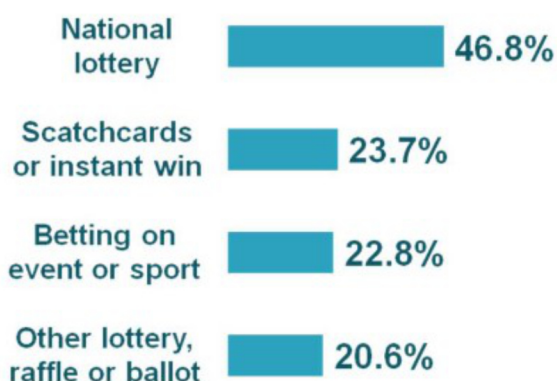
DANGERS OF GAMBLING

Problem gambling is defined as 'gambling to a degree which compromises, disrupts or damages family, personal or recreational pursuits.'

Males are more likely to be a moderate risk or problem gambler.

Northern Ireland has a higher gambling participation rate than England or Wales.

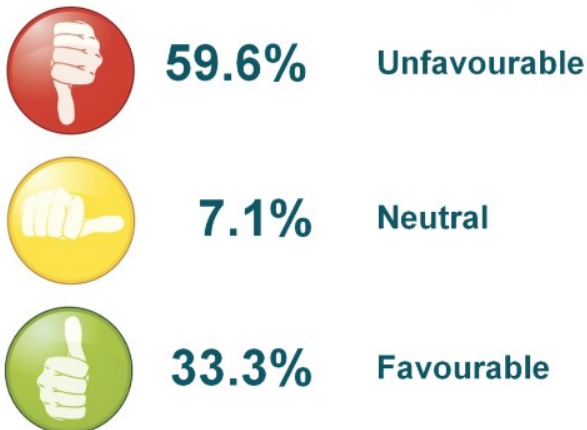
The most common forms of gambling that people participate in are:



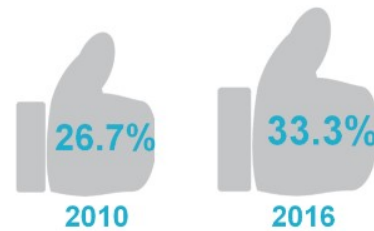
Source: 2016 Northern Ireland Gambling Prevalence Survey

Attitudes to gambling

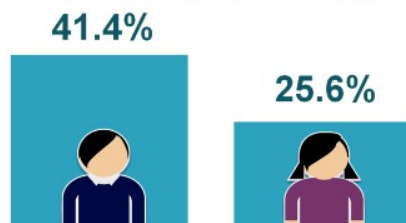
The majority of respondents had an overall unfavourable attitude towards gambling



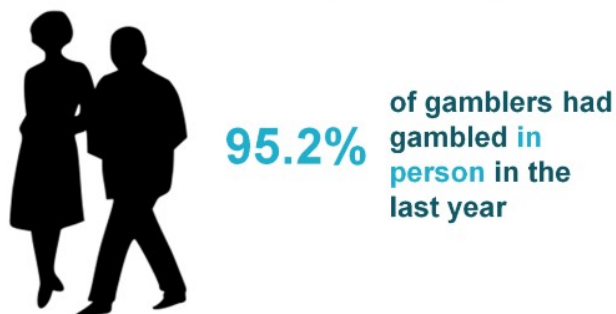
Favourable attitudes increased since 2010



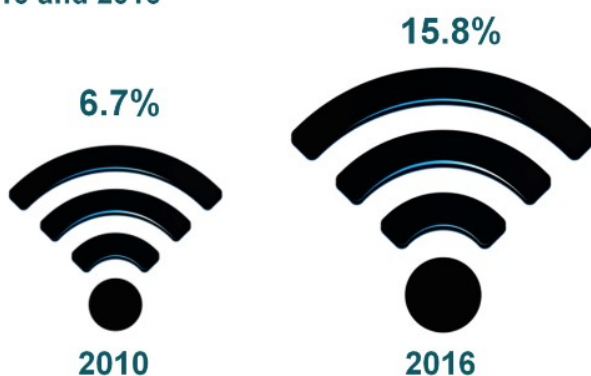
More male respondents had favourable attitudes to gambling compared to female respondents



Method of gambling



The proportion of people who had gambled online in the last year has increased between 2010 and 2016



How much people spend*

In the last 7 days...



Average spend in the last 7 days



*Note that "spend" is defined as "money risked" and does not take account of any money won



Gambling advertisements

Top 3 most common gambling advertisements seen by respondents in the past month

TV adverts



80.0%

Online adverts



47.3%

Sponsorship



36.7%



Gamblers Anonymous

Mark (21) talks about his gambling and recovery

2 years ago



10:43

Listen to Mark talk about his gambling and recovery

<https://soundcloud.com/user-723201607/mark-21-talks-about-his-gambling-and-recovery>

Mark (22) describes the effect that gambling had on his life. Having started gambling when he was 14, he stole from his family and work to fund his addiction. He finally stopped gambling when his mother became ill and he became suicidal. Having entered rehab and becoming a member of GA, he rebuilt relationships with his family and friends, went to college, and today enjoys a peace of life he never knew.

If you think you may be affected by Gambling there is help available:

Nearest Meeting Location and times:

Girl Guide Hall, Dominic Street, Newry BT35 8BN, Co. Down

Monday: 9.00pm; Wednesday: 6.00pm; Friday: 9.30pm; Saturday: 10.00am

www.gamblersanonymous.ie Belfast: 028 9024 9185 gabelfast@gmail.com

Gamban Features

An overview of the features of Gamban

- Block access to thousands of gambling websites
- Quick and easy installation
- Available across all platforms
- Access to useful Gamban resources
- On-Demand live technical support
- Easily manage and distribute Gamban to patients or players
- Create custom promotional codes
- Whitelist email addresses for faster on-boarding
- Access advice and support on distributing Gamban

Get Gamban Now

www.gamban.com/talkbanstop

TALK BAN STOP.

FREE

Gamban is FREE for UK residents through TalkBanStop

Contact:

- **Support email:** pcoghlan@nmea.net
- **Support line:** 07955580542 Mon-Fri 3-5pm
- **Facebook:** www.facebook.com/work4Uplus
- **Web:** www.work4uplus.com
- **Online support groups via Zoom**
- Email pcoghlan@nmea.net to register

