

Gambling-related harms: identification, assessment and management

Information for the public

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Helping people affected by gambling-related harms

Gambling-related harms are an increasing problem in society and are affecting a growing number of people. Gambling can result in harm to mental health, including having suicidal thoughts, and to relationships, work, education and finance.

We want this guideline to make a difference to people experiencing gambling-related harms and their partners and families, by making sure that:

- healthcare professionals are able to identify gambling-related harms
- people have relevant information to help them understand why and how gambling can cause serious harm and the help that's available
- people can get support and treatment more easily
- people can continue to get support after treatment, including help with recurring episodes of gambling
- people affected by another person's gambling harms also get relevant information and help
- services work together to make sure that people receive the right treatment and that no-one falls through any gaps in service provision.

If you need more support to understand the information you are given, tell your health or social care practitioner.

Read more about [making decisions about your care](#).

Where can I find out more?

The [NHS website](#) has more information about gambling.

The organisations below can give you more advice and support.

- National Gambling Helpline, 0808 8020 133
- [Betknowmore UK](#)
- [Gambling with Lives](#), 07774 617771 (for people bereaved by gambling-related suicide)
- [GamCare](#)
- [GamFam](#)
- [GamLEARN](#)

NICE is not responsible for the content of these websites.

To share an experience of care you have received, contact your local [Healthwatch](#).

We wrote this guideline with people who have been affected by gambling and staff who treat and support them. All the decisions are based on the best research available.

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