

# SUPPORT FOR AFFECTED OTHERS EXPERIENCING GAMBLING-RELATED HARMS

## DID YOU KNOW??

For every individual that is experiencing gambling-related harms, there are between 6 to 10 members of that person's wider circle who are negatively impacted. This can be family, friends, coworkers or employers.

## WHAT CAN THESE NEGATIVE IMPACTS LOOK LIKE?

It is important to remember that not everyone's experience is the same, but family members most commonly report -

- Loss of household or personal money
- Arguments, anger and sometimes violence
- Lies, deception and poor communication
- Impacted child's behaviour and school performance
- Negatively affected relationships
- Confusion of family roles and responsibilities
- Development of other addictions within the family

## THE 7 C'S

I didn't CAUSE it

I can't CURE it

I can't CONTROL it

I can help take CARE of myself by  
COMMUNICATING my feelings,  
making healthy CHOICES and  
CONTINUING to live my own life.

**IT CAN OFTEN FEEL SELFISH TO  
PRIORITISE YOUR OWN NEEDS,  
BUT BY LOOKING AFTER  
YOURSELF YOU WILL BE IN THE  
BEST POSITION TO SUPPORT  
YOUR FAMILY AND YOUR LOVED  
ONE**



**A FREE,  
CONFIDENTIAL AND  
NON-JUDGEMENTAL  
SERVICE - TO HELP  
YOU TAKE BACK  
CONTROL**

## WHO ARE WE?

The RCA Trust is a long standing charity in the West of Scotland who provide support to individuals and their families for alcohol, drugs and gambling.

Contact us on **0141 887 0880** or alternatively contact the National Gambling Helpline on **0808 8020 133** to arrange to speak with the team!



**BeGambleAware.org**