

Support Options for Signposting for Gaming & Gambling Related Harm



Legend

- Provisions for Under 18s
- Financial/Debt Support
- Self-Help
- Self-Exclusion
- Web Chat Available on Website




















































- Further Information
- Support
- Treatment
- Affected Others





































Gaming

Service/Organisation	Contact	Categories
National Centre for Gaming Disorders	Website ncba.cnwl@nhs.net 020 7381 7722	
Game Quitters	https://gamequitters.com/	
UK Addiction Treatment Centres	https://www.ukat.co.uk/gaming-addiction/ info@ukat.co.uk 0808 258 2007 / 0203 130 6916	

Gambling

Service/Organisation	Contact	Categories
Bank Account Self Exclusion	Website	
BeGambleAware	Website ncba.cnwl@nhs.net 020 7381 7722	

Service/Organisation	Contact	Categories
BetknowmoreUK	 https://www.betknowmoreuk.org/  info@betknowmoreuk.org  0800 066 4827	 
Better Futures for Gamblers	 https://gamequitters.com/	   
The Big Deal (GamCare for Youth)	 https://www.bigdeal.org.uk/  0203 092 6964	   
Citizen's Advice	 https://www.citizensadvice.org.uk/  0800 144 8848	  
GamAnon	 http://gamanon.org.uk/  nsosec@gamanon.org.uk	 
Gamban	 https://gamban.com/  https://gamban.com/contact	 
Gamblers Anonymous	 https://www.gamblersanonymous.org.uk/  info@gamblersanonymous.org.uk  0330 094 0322	 
GamCare/National Gambling Helpline	 https://www.gamcare.org.uk/  info@gamcare.org.uk  0808 8020 133	   
Gambling Therapy	 https://www.gamblingtherapy.org/en  support@gamblingtherapy.org	   
Gambling with Lives	 https://www.gamblingwithlives.org/  info@gamblingwithlives.org	 

Service/Organisation	Contact	Categories
GAMSTOP	 https://www.gamstop.co.uk/  helpdesk@gamstop.co.uk  0800 138 6518	  
Gordon Moody	 https://gordonmoody.org.uk/  help@gordonmoody.org.uk  01384 241292	 
National Debtline	 https://www.nationaldebtline.org/  https://tools.nationaldebtline.org/email-for-advice/  0808 808 4000	  
National Problem Gambling Clinic	 Website (CNWL.nhs.net)  gambling.cnwl@nhs.net  020 7381 7722	  
Step Change Debt Charity	 https://www.stepchange.org/  Web Form  Web Chat  0800 138 1111	  
UK Addiction Treatment Centres	 https://www.ukat.co.uk/gaming-addiction/  info@ukat.co.uk  020 3993 1090	  

More Information

Pages/Articles of Interest

Article/Library	URL
Children's Commission:	https://www.childrenscommissioner.gov.uk/digital/5-a-day/
Entertainment Software Association:	https://www.theesa.com/esa-research/2020-essential-facts-about-the-video-game-industry/
Gambling Commission – Research library	https://www.gamblingcommission.gov.uk/news-action-and-statistics/Statistics-and-research/Levels-of-participation-and-problem-gambling/Research-library.aspx
Gambling Commission: Young People and Gambling	https://www.gamblingcommission.gov.uk/news-action-and-statistics/Statistics-and-research/Levels-of-participation-and-problem-gambling/Young-persons-survey.aspx
Internet Matters	https://www.internetmatters.org/resources/online-gaming-advice/
Royal Society for Public Health:	https://www.rsph.org.uk/our-work/campaigns/lid-on-loots.html
Statista - Video gaming in the United Kingdom Statista. Statistics & Facts (2019)	https://www.statista.com/topics/1763/gaming-in-the-united-kingdom/ and https://www.statista.com/statistics/273511/consumer-spending-on-games-industry-products-in-the-uk-by-sector/

Other Organisations

Organisation	Website
Action for Children	https://www.actionforchildren.org.uk
CALM	www.thecalmzone.net
Childline	https://www.childline.org.uk/
Family lives	https://www.familylives.org.uk
Mental Health Foundation	https://www.mentalhealth.org.uk/
Mind	https://www.mind.org.uk
NSPCC	https://www.nspcc.org.uk
O2 and NSPCC – Net Aware	https://www.net-aware.org.uk/

Organisation	Website
PAPYRUS	https://www.papyrus-uk.org/
PSHE Association	https://www.pshe-association.org.uk
Relate	https://www.relate.org.uk/
Samaritans	https://www.samaritans.org
SANE	http://www.sane.org.uk/
Shout	https://giveusashout.org
The Mix	https://www.themix.org.uk
UK Council for Child Internet Safety (UKCCIS)	https://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis
UKIE	https://ukie.org.uk/news
Young Minds	https://youngminds.org.uk/