

Women and Gambling Harm: Available Training and Support

Women's Pathway / Llwybr Merched



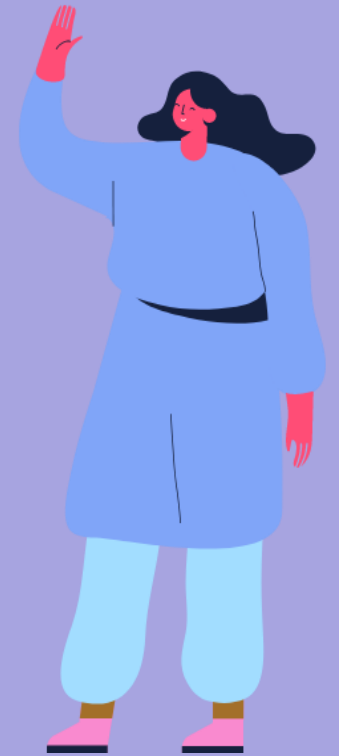
GamCare is the leading provider of information, advice and support for **anyone** affected by gambling harms.

We operate the National Gambling Helpline, provide structured support for anyone who is harmed by gambling as well as create awareness about treatment and support to reduce gambling harms.



Insights

- 2.7% of the adult population in Great Britain scored 8+ on the Problem Gambling Severity Index.
- Stigma, shame and embarrassment are reasons why people, in particular women, do not speak about or seek support for gambling harm.
- Women's drivers for gambling can differ from men with women using gambling more to unwind, cope with stress or to bond with others.
- 8.1% of adults in Great Britain are estimated to be affected by someone else's gambling with women more likely to be affected.



Aims of the Women's Pathway

- To increase awareness of gambling related harms in women.
- To reduce the main barriers to women accessing support.
- To destigmatise women experiencing gambling related harm so that women feel able to ask for help.
- To support more women experiencing gambling harm, either as person gambling or impacted by someone else's gambling.



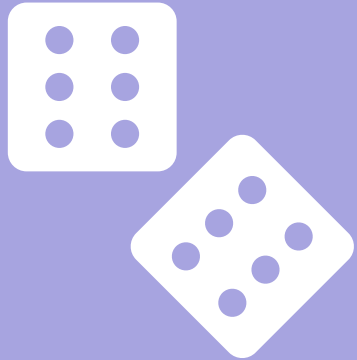
Training and Resources for Professionals

- CPD Women and Gambling Harms Awareness Raising Training.
- CPD Women, Domestic Abuse and Gambling Harms Training.
- CPD Exploring A Woman's Lived Experience of Gambling-related Harms Training.
- For training enquiries, email womens.pathway.training@gamcare.org.uk or Scan our QR code for more information.

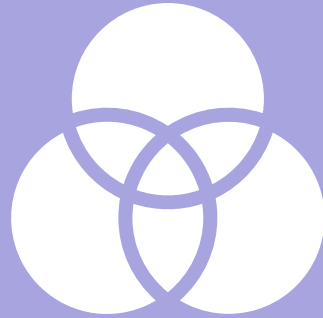


CPD Training session focus:

We cover three elements:



What harmful gambling looks like and where it sits on a 'gambling risk scale'

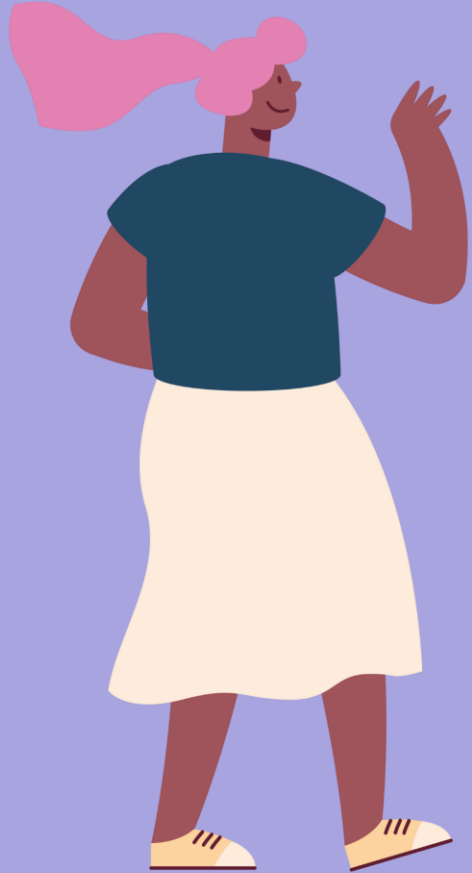


The impacts of harmful gambling on the person gambling and any affected others



What **you** can do to support **women** affected by gambling-related harm

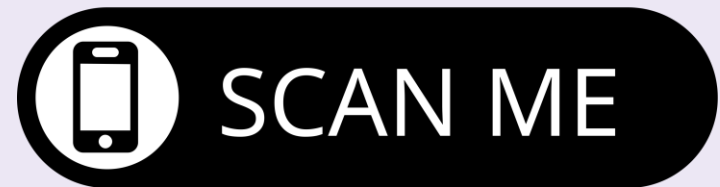
Training session objectives:



- Understand what gambling harm is and its different forms.
- Recognise the risk factors and drivers to gambling harm.
- Know how to spot the signs of gambling harms.
- Understand the impacts of gambling harm for women who gamble or who are an affected other.
- Knowledge of referral pathways for help and support.

Support Available for Women

- Way Forward: Group for Women Affected Others.
- One to One Support with a Practitioner.
- Support Chatrooms and Forums.
- For queries about Women's Pathway support, **scan our QR code** for more information.



Way Forward: Online Support Group

- Free, online, semi-structured group for women impacted by someone else's gambling.
- A safe, supportive and confidential space for women to share their experiences, find comfort and empower one another.
- Led by trained and experienced facilitators.
- Up to 8 women – all with different relationships and at different stages of their journey.
- 7-week programme – 2 hours per week.



The flyer features the GamCare logo at the top left, with the tagline 'Gambling Support Starts Here'. The title 'Way Forward' is prominently displayed in a large, bold font. Below the title, a descriptive sentence states: 'A supportive group for all women that are affected by someone else's gambling harm.' The 'Session Information' section includes a video camera icon and text indicating '7-week online group meetings'. A 'Want to join Way Forward?' section provides the contact email 'womenspathwaysupport@gamcare.org.uk'. The bottom of the flyer is decorated with a colorful illustration of diverse women standing together on a blue wave.

GamCare
Gambling Support Starts Here

Way Forward

A supportive group for all women that are affected by someone else's gambling harm.

Session Information

Sessions:
7-week online group meetings

Want to join Way Forward?

For more details, please contact:
womenspathwaysupport@gamcare.org.uk

If you're worried about yours or someone else's gambling, contact the
National Gambling Helpline on:

Freephone: **0808 8020 133**

WhatsApp Chat: **0808 8020 133**

Live Chat: **gamcare.org.uk**

Our 24/7 Helpline provides a safe, confidential space to discuss
options for support.