

SCAN THE
QR CODE
FOR MORE
INFO



Gambling

ADVICE & GUIDANCE

What is Gambling?

Gambling is betting, gaming or participating in a lottery where gaming means **playing a game of chance** for a prize and a prize is defined as money or 'money's worth'. (*The Gambling Act 2005*)

Why do people gamble:

- ♥ Recreation, relaxation and socialising.
- ♥ Financial debt, hope of winning and lives might change.
- ♥ Learned behaviour, peer pressure or habit.
- ♥ Challenge, new skills, fun, thrills or a hobby.
- ♥ Escapism, passing time, loneliness or boredom.

Most addictive types of gambling are via the **internet, casinos, slot machines/fixed odds betting terminals, unregulated gambling and sports.**

Scan/Click the QR code to access a range of regularly updated resources for statistics, advice and support from third-party organisations.



Tel: 01752 437177
livewell.workplacehealth@nhs.net
www.livewellworkplacehealth.co.uk