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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.



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