



**NHS**

**Northern  
Gambling Service**

# The hidden cost of gambling

One harmful gambler affects up to 10 family members, friends and work colleagues.

Up to 4.3 million people across the country are being impacted by a loved one's harmful gambling.

The impacts on family and friends include emotional distress, mental health problems, financial difficulties, child neglect, and family breakdown.

If you believe a patient is being affected by a loved one's gambling, we are here to help. We run dedicated Affected Others programmes to help family and friends learn skills to reduce stress and increase confidence to cope with their loved one's gambling – and this is available even if he or she isn't seeking help themselves.

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Find out more about us at:



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