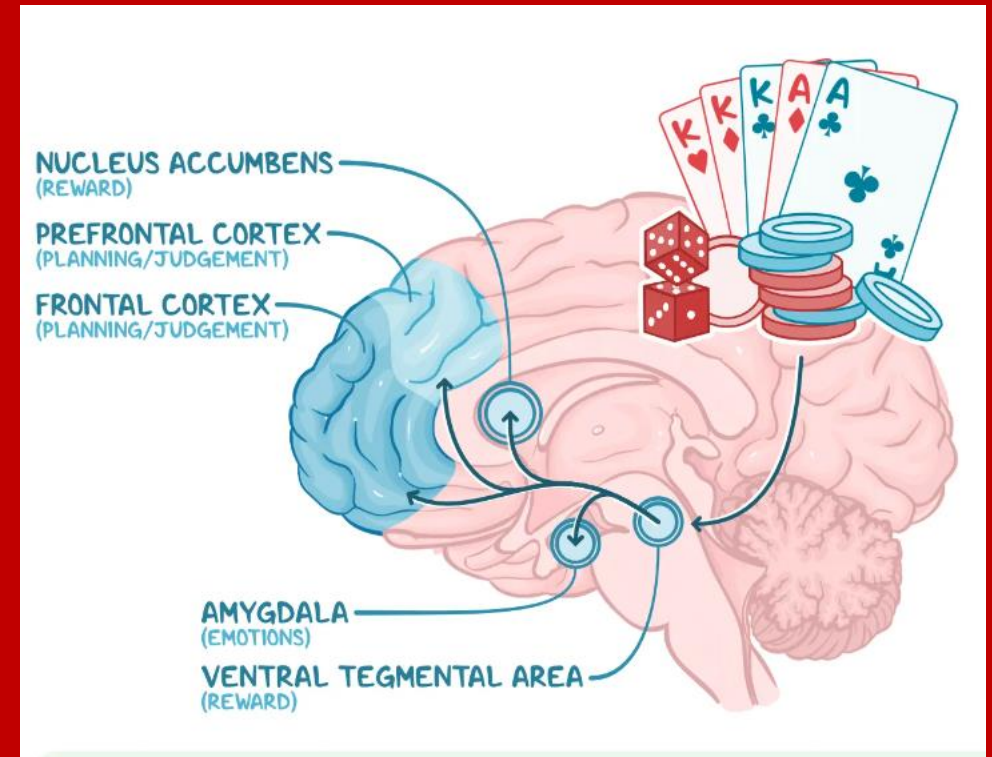


# Gambling Addictions & Mental Health

A gambling addiction or compulsive gambling is like any form of addiction, its effect on the brain is to release dopamine a pleasure hormone, but what happens when this gets out of control?

We start to feel anxiety, our stress levels rapidly increase, gambling overtakes all other forms of pleasure, and we replace everything with the need to gamble.



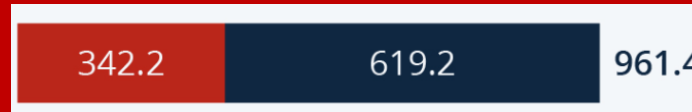
# Cost to UK society due to gambling:

Direct cost to government 

Intangible costs. 

The estimated annual excess cost of harm associated due to gambling in the UK (in Million GBP)

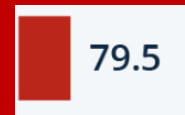
Mental and physical health



Criminal activity



Employment and education



Financial



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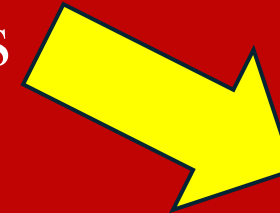
[helpline@sixmha.org](mailto:helpline@sixmha.org) | 07360533028

# Effects of Gambling on the employee.

It is a slippery slope and before you realise it you wonder how you got there, **DON'T LET IT BE YOU**, if you are worried you have an issue reach out. We are here to help.



From this



To this



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# Impact to the Employer due to gambling issues.

The impact on employers is a factor to be considered and shows the wider impacts of compulsive gambling, as it can lead to the following:

- ❑ Gambling related absenteeism.
- ❑ A reduction in productivity.
- ❑ Issues with mental health and changes in personality.
- ❑ Criminality in the workplace.
- ❑ A loss of brand reputation and organisational damage.



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# Life becomes worse than death!

Government reports show that on average:

- ❑ 114 – 496 deaths by suicide are directly related to gambling issues.
- ❑ This is at a cost of £241.1 million – £961.7 million which represents the societal value of life, and the years lost to suicide associated with gambling.
- ❑ It is estimated that one person with a gambling addiction loses their life to suicide every day.
- ❑ One in five (19%) of problem gamblers have considered suicide at least once.



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