



# Gambling, Online Gaming and Mental Health

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Student Resource

# What is addiction?



“Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.”

## Obvious Addictions

Drugs  
Alcohol  
Gambling

## Acceptable Addictions

Shopping  
Exercise

## Modern Addictions

Social Media  
Gaming  
Lootboxes

### Modern generation - increased exposure

#### Online Gambling



#### Online Gaming and Trading



#### Modern Addictions



# Different Types Of Gambling

## Traditional Gambling



Sports betting



Betting shops



Casinos



Lottery



Scratch cards



Horse racing

## Modern Gambling



Crypto-currency



Online trading



Lootboxes



Skins



Online slots

# Mental Health - What is it?

- Mental Health includes our emotional, psychological and social wellbeing.
- It affects how we think, feel and act.
- We all have it and it's never a fixed state.
- Looking after it can also reduce our risk of physical health problems.

**1 in 5**

young people may  
experience a Mental  
Health problem in  
a given year

**50%**

of Mental Health  
problems are established  
by the age of 14

**70%**

of young people who  
experience Mental Health  
problems have not had  
appropriate help

# Mental Health Spectrum



## How it can be maintained and improved:

- Staying active
- Stay connected
- Talking
- Having a support network
- Doing things you enjoy
- Sleep
- Routine and structure
- Doing something...

## How it can deteriorate:

- Life experiences - Trauma
- Long term stress
- Addiction - Gambling, Gaming or other
- Debt
- Isolation
- Lack of sleep
- Biological - genes or brain chemistry
- Doing nothing ...

# Warning Signs & Where Help Can Be Found?



## Here are some of the warning signs to look out for:

- Feeling sad or low
- Excessive worrying or anxiety
- Problems concentrating
- Extreme mood changes/major changes in behaviour
- Feeling irritable
- Losing interest in things you enjoy
- Avoiding friends or social activities
- Changes in eating habits
- Suicidal thoughts

Ask for help

Help others

Be kind

## Where to get help

### Kooth

Your online mental wellbeing community.



**kooth**

[www.kooth.com](http://www.kooth.com)

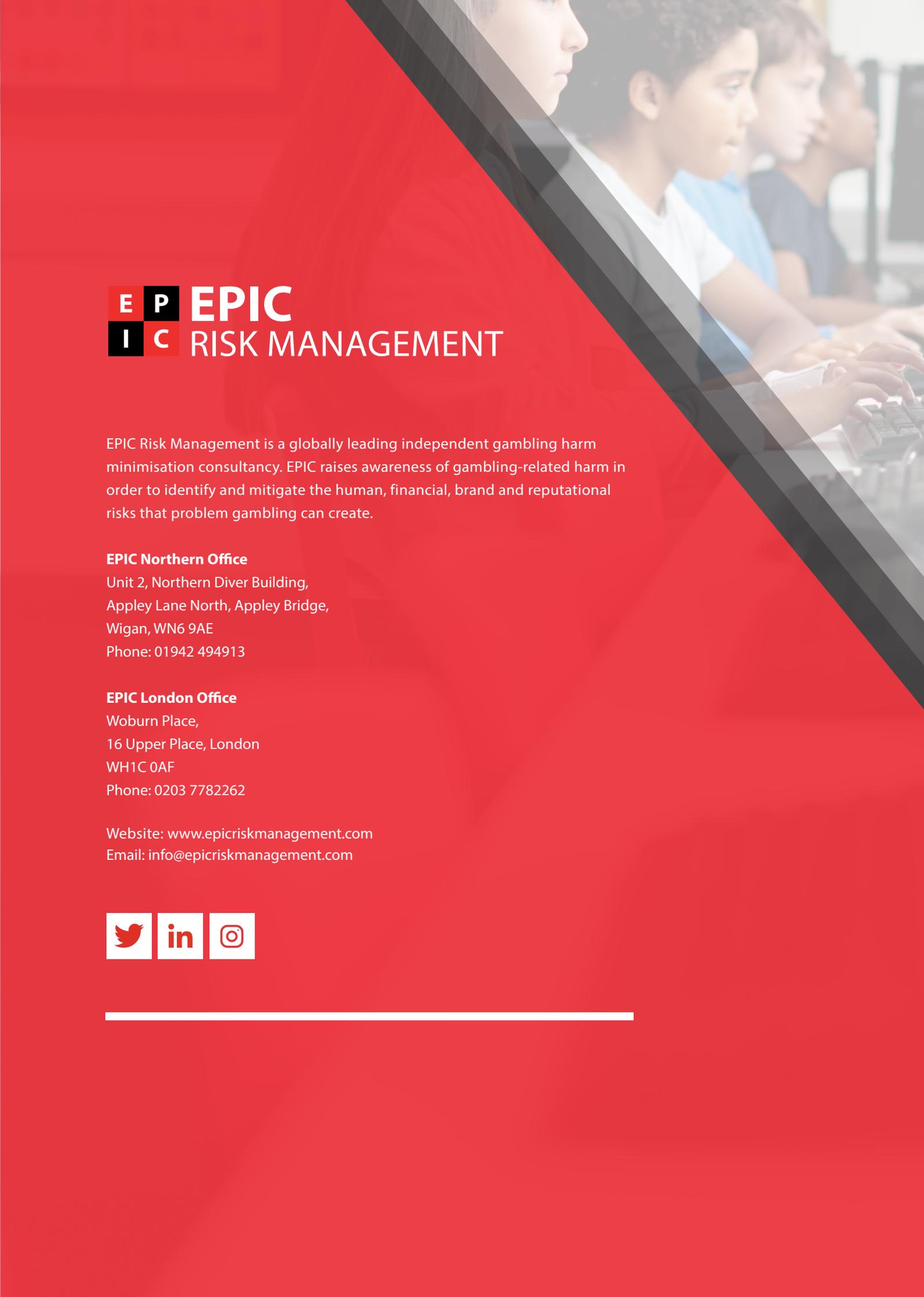


**EPIC**  
RISK MANAGEMENT

— The —  
**Wellbeing Hub**  
— from Teen Tips —



**WHYSUP**



**E P EPIC**  
**I C RISK MANAGEMENT**

EPIC Risk Management is a globally leading independent gambling harm minimisation consultancy. EPIC raises awareness of gambling-related harm in order to identify and mitigate the human, financial, brand and reputational risks that problem gambling can create.

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