

# GAMBLING HARMS ARE EVERYWHERE

If your role involves working with people then you're working with people affected by gambling.



You can help those harmed by gambling get free and confidential support. Chapter One can help you with:

How to spot the symptoms of gambling harm

Free training, in person or online

Resources including a worksheet

Information on services and how to refer



Visit the Chapter One professionals hub to find out more  
[www.chapter-one.org](http://www.chapter-one.org)

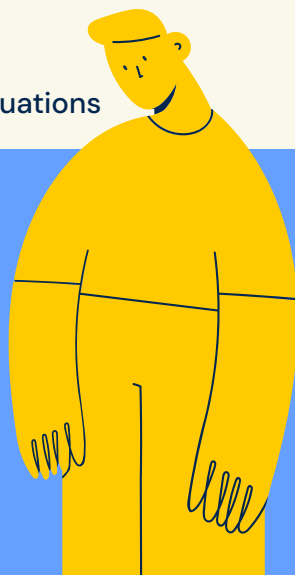
**CHAPTER** **ONE**

# SPOTTING THE SIGNS

Understanding what the effects of gambling can look like can help identify if you or someone you know is being harmed.

## Signs and symptoms to look out for include:

- ▶ Feeling anxious or not sleeping and feeling restless
- ▶ Not being able to take pleasure in ordinary things
- ▶ Feeling suicidal or thinking about being absent from the world
- ▶ Not being able to stop gambling or stop thinking about gambling
- ▶ Constantly checking devices
- ▶ Worrying about money/debts
- ▶ Feeling disconnected from people and situations



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