

? You and your family

A parent or carer's gambling problems can affect wider members of your family too. They may experience:

- Family disputes or breakdown
- Increased adult responsibilities e.g. household tasks, looking after siblings
- Not having enough to eat
- Trouble with their schoolwork
- Reduced interaction with friends and losing interest in hobbies
- Feelings of isolation, anger and depression

Young people who are affected by someone's gambling can get free, confidential and non-judgemental support from Motiv8's dedicated young people service.

Motiv8 Addiction Services offers free support to anyone affected by gambling on the Isle of Man.

We are a dedicated team of highly qualified and experienced counsellors who specialise in addictive behaviours

We are committed to helping our clients make positive changes to their lives with a non-judgemental therapeutic approach.

Call free on 0808 1624 627, text on +44 7624 498985 or email contact@motiv8.im. We aim to offer a first appointment within one week.

Motiv8 Addiction Services (IOM)

0808 1624 627
www.motiv8.im

Gam-Anon

Support for friends and families affected by gambling

gamanon.org.uk

Samaritans

Confidential emotional support for anyone in crisis.

116 123
samaritans@org.uk

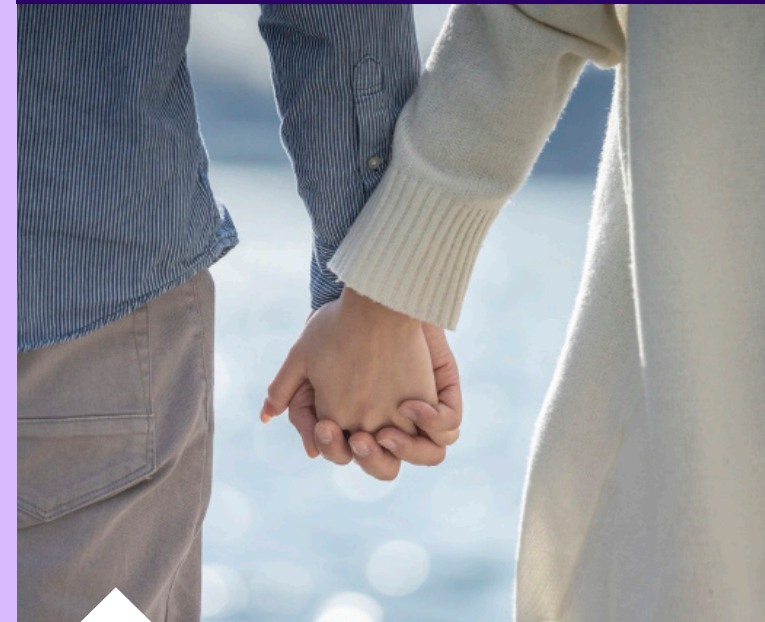
Carers UK

0808 808 7777
carers.uk.org

Motiv8 Addiction Services
www.motiv8.im
Call free: 0808 1624 627

Gambling Problems: Support for family and friends

Practical information, ideas and support



Motiv8 Addiction Services

Call free: 0808 1624 627 or visit www.motiv8.im for more information.

We recognise that the impacts of excessive gambling behaviour can be wide reaching, affecting families, friends, carers and significant others. We know it's not just the gambler that needs support.

If you are affected by someone else's gambling and they are not yet ready to access support, it can also be a confusing and frustrating time.

At Motiv8, we offer free and confidential support for anyone impacted by another person's gambling and other addictive behaviours. We can offer one to one sessions with a trained counsellor, a range of group work programmes, and psychological services. Appointments can be made at mutual time that suits you. We are open Monday to Friday, daytime and evening appointments are available.

We also offer a SMART friends and family group, a mutual aid meeting where you can meet others in the same situation and support one another. Contact us for further information.



How can I raise the issue?

Try not to make assumptions about why they gamble, just discuss what you have observed. Take time to think about what you want to say. Encourage the other person to reflect on the consequences of their behaviour and how this is affecting you and others. It may help to write your feelings down first.

Ultimatums can increase the guilt or shame a person feels about their behaviour and can push them to greater secrecy. Instead, encourage them to work with you and to think about their next steps.

While you can always offer to support a loved one, it is important for their own self-esteem that they can take steps to help themselves too. Motiv8 can support both you and them to find the right support to move forward.



You and your finances

You may experience:

- Increased debt and financial insecurity
- Reduced disposable income
- Need to increase hours at work
- Reduced productivity at work

You may want to consider:

- Working with your loved one to take control of their finances for a few months whilst they get other support in place. Remember that this is not always a permanent solution for either of you, and should not be an option if it would put either of you in danger.
- Freezing joint accounts so that only payments/withdrawals authorised by both parties can be made. Again, this may not be a permanent solution, but will hopefully give you both time to get other support in place.
- Speaking with any mortgage providers to ensure that your home cannot be remortgaged without your permission.
- Finding specialist finance and debt management advice, and finding out which banks and building societies will help you block gambling transactions. Speak to our team for more information.

A key piece of advice if someone is struggling with gambling is not to lend them money, as this may only make the issue worse.

We know it can be very difficult to refuse someone money if they are in difficulty, however, it will usually help them to confront the ways in which gambling is negatively affecting them, so that they can make positive changes to their situation.



You and your relationships

You may experience:

- Loss of trust
- Relationship breakdown
- Social isolation
- Increased arguments

If you want to maintain or rebuild your relationship with someone struggling with gambling, it will help for you to understand the triggers that led them to act as they have, and to receive emotional and practical support yourself.

Problem gambling is a compulsive behaviour disorder. That means that the person who is gambling has, in severe cases, lost control of their actions and are acting compulsively. Their actions are not a reflection of their feelings toward you; their actions are separate from you and your relationship.

Contact our team today to talk through all of the options available for support. If your loved one is accessing treatment with us, we can also support your involvement in their treatment and recovery plan if they agree.



You and your health

You may experience:

- Increased anxiety
- Poor diet
- Problems sleeping
- Low mood

Speak to Motiv8 today - we can help you find the right help and support to feel more like yourself again.