

Have you or someone you know experienced gambling harm?



Join us and use your expertise to shape action and reduce harm!

The Scottish Gambling Harm Lived Experience Forum is made up of people living in Scotland who know what it is like to be harmed by gambling and want to act together to contribute to meaningful change.

Visit our webpage to find out more: <https://tinyurl.com/gamblingharmforum>

Why join?

- Network and build relationships
- Make a difference
- Influence policy
- Promote mental wellbeing
- Build skills to realise own projects



To get involved:

Email gamblingharm@alliance-scotland.org.uk
or call **0141 404 0231**

Join the conversation on X:
@ScotRGH #GamblingHarm



Feel free to get in touch if you do not have lived experience of gambling harm but are interested in the Forum's work!



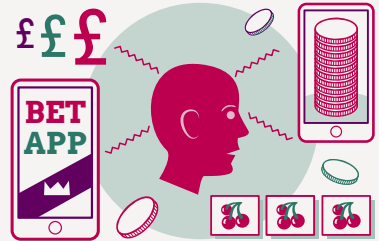
Scotland Reducing Gambling Harm



What are gambling harms?

Gambling harms are harms caused by gambling. They include:

- Loss of money
- Negative impact on work and study
- Relationship problems
- Poor mental health and wellbeing
- Substance use eg. alcohol, drugs
- Homelessness



To effectively reduce gambling harm, Scotland needs effective policies and laws. For these to work in practice, they must be informed and driven by those who know what it is like to be harmed by gambling.

What needs to change?



People don't understand it. Mental health and addiction go hand in hand. It should be a public health issue. It should be about protecting our children and grandchildren. It should stop seeing the broken as people with 'illness' but recognise the cause of this misery as resting with the unregulated supply of addictive products.

- Person with experience of gambling harm

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