

Affected Others

It can feel difficult when someone close to you is experiencing gambling related harms. It might make you feel worried, frustrated or lonely. **But you do not have to experience this on your own.**

A person does not have to participate in gambling to be affected by harmful gambling. For young people, parents, or responsible adults, gambling may be impacting their life.

A responsible adult's gambling could have the following impact on a young person:

- Lack of money
- No food in the cupboards
- Family members arguing all the time



Talk to someone you can trust for help and support.

www.neca.co.uk

Charity Number: 516516

Support

Young Peoples Support National Centre for Gaming Disorders

Email: ncba.cnw@nhs.net

National Problem Gambling Clinic

Email: gambling.cnwl@nhs.net

Phone: 020 7381 7722

ChildLine also has advice about gambling for young people

Visit: www.childline.org.uk

Phone: 0800 1111



Add us onto your socials:

 [necacharity](https://www.facebook.com/necacharity)

 [neca_gamblingsupport](https://www.instagram.com/neca_gamblingsupport)

NECA Empowering Youth



Gambling Harm Prevention & Education Programme



Do you know about gambling/gaming harms?

Do you know how to stay safe?

Do you know where to go for support?

Find out more here... 



0191 414 6446



empoweringyouth@neca.co.uk



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Loot Boxes

What are they?

Loot boxes are mystery boxes containing a random selection of items which can be purchased with real money, or credits built up within a game. They're different from other in-game prizes because you don't know what's in them before you purchase. What's included in the box will depend on the game being played.

Risks

The mystery element of a loot box can make it seem more exciting for young people, and companies often advertise that they contain rarer items. They're often designed using bright graphics, fireworks and sounds which can add another level of excitement and make it particularly enticing. This might encourage repeat purchases with the hope of unboxing something similar.



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Signs of potential harmful gaming



Emotional signs

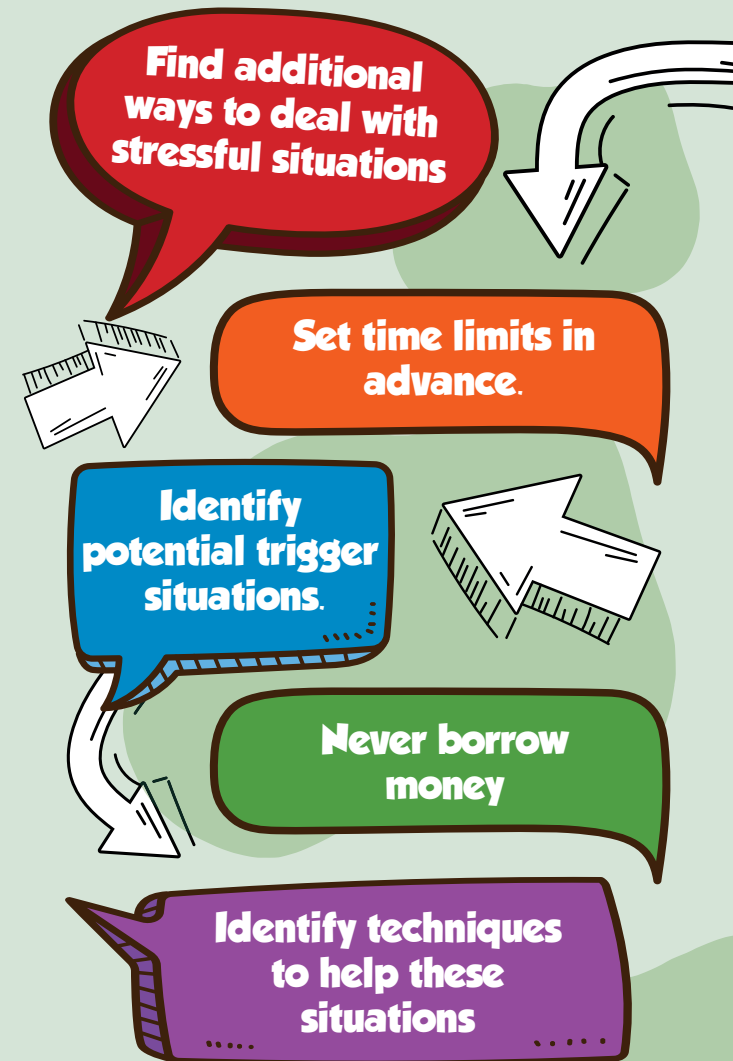
- Preoccupation with gaming
- Downplaying the amount of time spent gaming
- Unable to set game time limits
- Avoiding family and/or friends
- Being overly defensive

Physical signs

- Headaches or migraines
- Neglecting hygiene
- Extreme fatigue
- Carpel Tunnel Syndrome

* The mechanics behind online gaming are designed to be attractive with the view of encouraging young people to participate

Ways to reduce gambling harms



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