



The 7 C's



I didn't **CAUSE** it

I can't **CURE** it

I can't **CONTROL** it

I can help take **CARE** of myself

By **COMMUNICATING** my feelings

Making healthy **CHOICES**

And **CONTINUING** to live my own
life

It can often feel selfish to prioritise
your own needs in a positive
manner but by looking after
yourself, you will be in the best
position to support your family and
your loved ones.

USEFUL RESOURCES

- Citizens Advice
- Money Advice Scotland
- Breathing Space
- Step Change Debt Monitor
- PayPlan
- BetBlocker
- RCA Safer Gambling Leaflet

WHAT WE OFFER:

RCA Trust provide FREE and
confidential treatment services across
Scotland for individuals affected by
gambling as well as their loved ones.

We operate an open referral policy and
can take referrals via phone or email.

GET IN TOUCH WITH US

To make a referral for yourself or
on behalf of somebody else, or
receive some advice and support
please contact RCA Trust



RCA Trust
8 Incle Street
Paisley
PA1 1HP

Open Monday-
Friday 9am till 5pm

☎ 0141 887 0880
✉ info@rcatrust.org.uk



Scottish Government
Riaghaltas na h-Alba
gov.scot



AFFECTED OTHERS SERVICE:

SUPPORTING THOSE IMPACTED BY ANOTHER'S GAMBLING RELATED HARMS

RCA Trust
www.rcatrust.org.uk
0141 887 0880
info@rcatrust.org.uk



Scottish Government
Riaghaltas na h-Alba
gov.scot



FACTS AND STATISTICS

For every individual that is experiencing gambling related harms, there are between 6 to 10 members of that person's wider circle who are negatively impacted. This can be family, friends, co-workers or employers.

7% of the population report being affected by a loved ones gambling... that is **3.6 million** people!

If you are experiencing harm as a result of someone else's gambling, **you are not alone.**

WHAT CAN THIS HARM LOOK LIKE?

- Having your personal or household finances impacted
- Breakdowns of trust
- Experiencing arguments, anger or violence
- Impacts to school or work performance
- Negatively impacted relationship
- Development of addictions or mental health concerns within the family



SUPPORTING YOURSELF

There are many things that can be done to support and protect yourself when you are experiencing gambling harms. This list is not exhaustive.

- Prioritising making time for yourself and engaging in self-care
- Take control of finances if you feel comfortable with this responsibility
- Monitor emails and post being delivered to the home
- Access help and support for yourself through the RCA Trust
- Communicate your emotions and needs to your loved one
- Gain a better understanding of gambling and gambling behaviours
- Talk to someone you trust about how you are feeling
- Remind yourself that this is not your fault and you are not to blame
- Explore setting reasonable boundaries



SUPPORTING YOUR LOVED ONE

Encourage your loved one to take control of their own recovery & access professional support. You can best support this by maintaining open and honest communication pathways.



SIGNS THAT YOUR LOVED ONE MAY BE GAMBLING TO HARMFUL LEVELS:

- Gambling more than they can afford
- Hiding information that could lead to consequences
- Refusing to discuss money or hiding financial statements
- Withdrawn or irritable behaviour that is unusual for them
- Borrowing or obsessing over money
- Spending large amounts of time on their phone
- Neglecting themselves or their obligations without reason
- Feelings of anger when losing money
- Chasing their loses