

—The—
Wellbeing
Hub
—from Teen Tips—



WHYSUP

E P EPIC
I C RISK MANAGEMENT

Gambling, Online Gaming and Mental Health

Student Resource

What is addiction?

“Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.”

Obvious Addictions

Drugs
Alcohol
Gambling

Acceptable Addictions

Shopping
Exercise

Modern Addictions

Social Media
Gaming
Lootboxes

Modern generation - increased exposure

Online Gambling



Online Gaming and Trading



Modern Addictions



Different Types Of Gambling

Traditional Gambling



Sports betting



Betting shops



Casinos



Lottery



Scratch cards



Horse racing

Modern Gambling



Crypto-currency



Online trading



Lootboxes



Skins



Online slots

Mental Health - What is it?

- Mental Health includes our emotional, psychological and social wellbeing.
- It affects how we think, feel and act.
- We all have it and it's never a fixed state.
- Looking after it can also reduce our risk of physical health problems.

1 in 5

young people may
experience a Mental
Health problem in
a given year

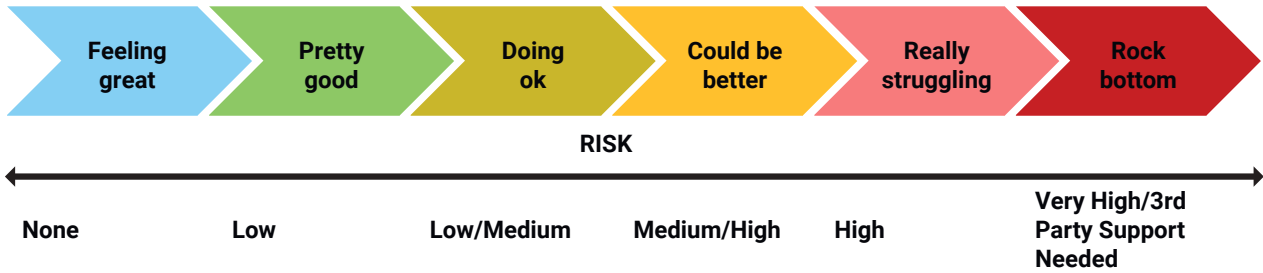
50%

of Mental Health
problems are established
by the age of 14

70%

of young people who
experience Mental Health
problems have not had
appropriate help

Mental Health Spectrum



How it can be maintained and improved:

- Staying active
- Stay connected
- Talking
- Having a support network
- Doing things you enjoy
- Sleep
- Routine and structure
- Doing something...

How it can deteriorate:

- Life experiences - Trauma
- Long term stress
- Addiction - Gambling, Gaming or other
- Debt
- Isolation
- Lack of sleep
- Biological - genes or brain chemistry
- Doing nothing ...

Warning Signs & Where Help Can Be Found?



Here are some of the warning signs to look out for:

- Feeling sad or low
- Excessive worrying or anxiety
- Problems concentrating
- Extreme mood changes/major changes in behaviour
- Feeling irritable
- Losing interest in things you enjoy
- Avoiding friends or social activities
- Changes in eating habits
- Suicidal thoughts

Ask for help

Help others

Be kind

Where to get help

Kooth

Your online mental wellbeing community.



kooth

www.kooth.com



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EPIC Risk Management is a globally leading independent gambling harm minimisation consultancy. EPIC raises awareness of gambling-related harm in order to identify and mitigate the human, financial, brand and reputational risks that problem gambling can create.

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