Recover with Pride

LGBTQ+ GAMBLING HARM SUPPORT

Coming Out and Gambling Recovery

switchboard

REFRAME COACHING

University of Brighton

Coming Out and Gambling Recovery

What Is Coming Out?

Coming out is the process of sharing your sexual orientation, gender identity, gender expression, or intersex status with others. For some people, this is a positive and liberating experience. For others, it can feel complex, uncertain, or emotionally challenging.

Coming out is not a single event. It is often an ongoing process that may happen in different ways, at different times, and with different people throughout your life. Some people are completely open about their identity, while others may choose to be out in certain environments but not others.

For many LGBTQ+ people, concerns about acceptance, rejection, discrimination, family relationships, faith communities, workplaces, or personal safety can create significant emotional pressure. These feelings can sometimes contribute to stress, anxiety, isolation, or low self-esteem, all of which may increase vulnerability to gambling-related harm.

Understanding your experiences around coming out can be an important part of building emotional wellbeing and supporting recovery.

Coming Out and Gambling Recovery

How to Use This Tool

This tool is designed to help you reflect on your experiences of coming out and explore how they may affect your wellbeing and recovery journey.

You may find it helpful to:

- Reflect on your experiences of sharing your identity with others.
- Explore any fears, worries, or uncertainties you may have about coming out.
- Consider how acceptance or rejection has affected your wellbeing.
- Identify safe and supportive people in your life.
- Recognise situations that increase stress or anxiety.
- Explore what living authentically means for you.
- Consider whether gambling has been used to cope with coming-out related pressures or emotions.

Remember, there is no right or wrong way to come out. There is no expectation that you should disclose your identity to anyone if it does not feel safe or right for you.

Your journey belongs to you.

Coming Out and Gambling Recovery

How This Can Aid Recovery From Gambling Harm

Coming out can bring a wide range of emotions, including relief, excitement, fear, anxiety, grief, hope, and uncertainty.

When these feelings become overwhelming, some people may use gambling as a way to:

- Escape difficult emotions.
- Manage anxiety or stress.
- Distract themselves from fears about acceptance.
- Cope with loneliness or isolation.
- Seek temporary relief from emotional pain.

By exploring your coming-out experiences, you can begin to:

- Better understand emotional triggers linked to gambling.
- Process difficult experiences in a healthier way.
- Develop positive coping strategies.
- Build self-confidence and self-acceptance.
- Reduce shame and self-criticism.
- Increase emotional resilience.
- Strengthen supportive relationships and connections.

Recovery is often strengthened when we understand not only our gambling behaviours but also the experiences and emotions that sit beneath them.

Coming Out and Gambling Recovery

LGBTQ+ Considerations

Every LGBTQ+ person's coming-out journey is unique.

You may be:

- Considering whether to come out.
- Newly out and adjusting to changes in your life.
- Out in some areas of your life but not others.
- Exploring your sexual orientation or gender identity.
- Navigating disclosure as a trans, non-binary, or intersex person.
- Managing family, cultural, faith, or community expectations.
- Carrying the impact of previous rejection or discrimination.

For some people, coming out leads to greater authenticity and connection. For others, it may involve losses, challenges, or significant life changes.

Wherever you are in your journey, your experiences are valid. Recovery is not about following a particular path. It is about finding what supports your wellbeing, safety, and sense of self.

Coming Out and Gambling Recovery

Practical Recovery Activities

To support your recovery and wellbeing, consider:

- Journalling about your coming-out experiences and emotions.
- Creating a list of supportive people you can turn to.
- Reflecting on moments where you felt accepted and valued.
- Exploring LGBTQ+ community groups and networks.
- Practising self-compassion when facing challenges or setbacks.
- Identifying situations that increase anxiety or gambling urges.
- Developing alternative coping strategies for difficult emotions.
- Celebrating personal milestones, however small they may seem.

Recovery and self-acceptance often grow through small, meaningful steps.

Coming Out and Gambling Recovery

How We Can Help

Our Recover With Pride Recovery Coaches understand that experiences related to coming out can have a significant impact on wellbeing, mental health, and gambling behaviours.

We can support you to:

- Explore the relationship between coming-out experiences and gambling harm.
- Better understand emotional triggers and responses.
- Build confidence and self-acceptance.
- Develop healthier coping strategies.
- Strengthen resilience during periods of change or uncertainty.
- Explore concerns around acceptance, rejection, or identity.
- Build positive routines and recovery habits.
- Create a personalised recovery plan that reflects your experiences and goals.

Our coaching is LGBTQ+ affirming, trauma-informed, and person-centred. We recognise that recovery is about more than stopping gambling. It is about helping you build a life where you can feel authentic, connected, and hopeful about the future.

Our Recovery Coaches can work alongside you to help implement the learning from this resource into your daily life, understand the benefits it can bring, and develop practical habits that support both your wellbeing and long-term recovery. Whether you are questioning, exploring, newly out, or have been out for many years, we are here to support you on your recovery journey with pride.

Refer for support here:
www.switchboard.org.uk/service/recover-with-pride/referral/

switchboard

REFRAME COACHING

University of Brighton

Recover with Pride
LGBTQ+ GAMBLING HARM SUPPORT