Recover with Pride

LGBTQ+ GAMBLING HARM SUPPORT

Finances and Gambling Recovery

switchboard

REFRAME COACHING

University of Brighton

Finances and Gambling Recovery

What Is It?

Financial wellbeing is about understanding your money, feeling more in control of your finances, and developing habits that support long-term stability. Gambling-related harm can have a significant impact on finances, including debt, arrears, borrowing, relationship difficulties, financial secrecy, and feelings of shame or hopelessness.

For LGBTQ+ people, financial challenges can sometimes be compounded by experiences such as discrimination, family rejection, housing instability, barriers to employment, or additional costs associated with gender affirmation and healthcare. These pressures can increase stress and, for some people, contribute to harmful gambling behaviours.

Improving your financial wellbeing is not simply about numbers. It is about rebuilding confidence, reducing anxiety, and creating a stronger foundation for recovery.

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How to Use This Tool

Recovery from gambling-related financial harm starts with understanding your current situation and taking manageable steps forward.

You may find it helpful to:

- Review your income, spending, debts, and financial commitments.
- Create a realistic monthly budget.
- Identify gambling-related spending patterns.
- Set short-term and long-term financial goals.
- Develop a savings plan, however small.
- Explore debt support or financial advice services where needed.
- Use banking tools that help monitor spending.
- Consider financial barriers or pressures linked to your LGBTQ+ experiences.

Remember, financial recovery does not happen overnight. Small and consistent actions can lead to meaningful progress over time.

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How This Can Aid Recovery From Gambling Harm

Financial difficulties are often one of the most significant consequences of gambling-related harm. Money worries can create feelings of stress, panic, guilt, and shame, which may in turn increase the urge to gamble in an attempt to solve financial problems.

By improving your financial wellbeing, you can:

- Reduce financial stress and anxiety.
- Build confidence in managing money.
- Regain a sense of control and stability.
- Reduce gambling triggers linked to financial worries.
- Create achievable financial goals.
- Develop healthier decision-making habits.
- Improve relationships affected by gambling-related debt or secrecy.
- Focus on rebuilding your future rather than recovering losses.

Financial recovery is a key part of achieving sustainable recovery from gambling harm and creating a life that feels safer, more stable, and more hopeful.

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LGBTQ+ Considerations

LGBTQ+ people may face unique financial challenges that impact both wellbeing and recovery.

These may include:

- Experiences of workplace discrimination affecting career progression or income.
- Family rejection leading to financial instability or loss of support.
- Housing insecurity or periods of homelessness.
- Additional costs associated with transitioning or accessing affirming healthcare.
- Social pressures linked to nightlife, community spaces, or fitting in.
- Stress caused by stigma, discrimination, or identity concealment.

These experiences are not a reflection of personal failure. Understanding the wider context of your financial situation can help reduce self-blame and support a more compassionate approach to recovery.

Financial recovery is not about perfection. It is about creating security, stability, and independence in a way that works for you and your circumstances.

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Practical Recovery Activities

To support your financial recovery, consider:

- Completing a weekly spending review.
- Tracking gambling-free days alongside financial progress.
- Creating a debt repayment plan.
- Setting a realistic savings goal.
- Using budgeting apps or spending trackers.
- Celebrating small financial achievements.
- Identifying emotional triggers that lead to gambling or impulsive spending.
- Developing alternative coping strategies when financial stress arises.

Every positive financial decision is a step towards recovery.

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How We Can Help

Our Recover With Pride Recovery Coaches can work alongside you to understand the relationship between gambling and your finances, helping you develop practical tools and sustainable habits that support recovery.

We can help you to:

- Understand the financial impact of gambling harms.
- Build realistic budgets and spending plans.
- Set achievable financial recovery goals.
- Identify financial triggers linked to gambling urges.
- Develop healthier coping strategies for financial stress.
- Explore how LGBTQ+ experiences may have affected your financial wellbeing.
- Create positive money management habits.
- Build confidence and accountability throughout your recovery journey.

Our coaches are not financial advisers, but we can help you develop greater awareness, structure, and confidence around your finances, whilst signposting to specialist debt and money advice services where appropriate. Together, we can support you to move from financial crisis towards financial recovery, stability, and long-term wellbeing.

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

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