



Getting Support as an Affected Other

You Deserve Support Too



University of Brighton

You Deserve Support Too

When someone you care about is experiencing gambling harm, it can be easy to focus all your attention on them.

You may spend months or even years worrying about their wellbeing, helping them manage crises, supporting their recovery, or trying to protect them from further harm. In the process, many affected others put their own needs to one side.

At Recover with Pride, one of the most important messages we want affected others to hear is this:

You deserve support too.

Support is not only for the person who gambles. Gambling harm can affect partners, parents, children, siblings, friends, chosen family members, ex-partners, colleagues, and wider communities. If someone's gambling has affected your wellbeing, you have every right to seek support.



University of Brighton



Why Affected Others Often Don't Seek Help

Many affected others tell us they never considered support was available to them.

Some say:

- "The focus should be on them."
- "They're the person with the problem."
- "I should be able to cope on my own."
- "Things aren't bad enough yet."
- "Other people need support more than I do."

Others may not recognise themselves as an affected other at all.

It is common to spend so much time trying to help somebody else that you do not stop to consider the impact gambling harm is having on you.

You Don't Have to Wait for Crisis Point

Many people only seek support when they reach breaking point.
The reality is that support can be helpful at any stage.

You do not need to wait until:

- Your relationship has broken down.
- Significant debt has developed.
- Trust has completely disappeared.
- Your wellbeing is severely affected.
- A crisis occurs.

Early support can help you better understand gambling harm, develop coping strategies, and protect your wellbeing.



University of Brighton



What Support Can Help With?

Support can provide an opportunity to:

- Talk openly about your experiences.
- Better understand gambling harm.
- Explore difficult emotions.
- Reduce feelings of isolation.
- Develop healthy boundaries.
- Build confidence.
- Improve communication.
- Strengthen resilience.
- Focus on your own recovery and wellbeing.

Many affected others describe feeling relieved simply to have a safe space where they can talk honestly without fear of judgement.



University of Brighton



Support Is Not About Telling You What To Do

People sometimes worry that seeking support means being told what decisions to make.

In reality, good support should help you:

- Explore your options.
- Reflect on your experiences.
- Identify what feels right for you.
- Better understand your needs.
- Build confidence in your own decision-making.

Every affected other's situation is different.

There is no single right answer, and support should recognise that.

Individual Support

Some people prefer one-to-one support.

This can provide a confidential space to:

- Discuss your experiences.
- Explore emotions.
- Consider practical challenges.
- Develop healthy coping strategies.
- Reflect on boundaries and relationships.

Having space dedicated entirely to your wellbeing can feel unusual at first, particularly if you have spent a long time focusing on somebody else's needs.

Peer Support

Many affected others find peer support incredibly valuable.

Speaking with people who have had similar experiences can help you realise:

- You are not alone.
- Your reactions are normal.
- Other people understand what you are experiencing.
- Recovery is possible.

Peer support can reduce feelings of shame and isolation whilst providing hope and connection.



University of Brighton



Support for Parents

Parents often carry significant emotional burdens when a child, whether young or adult, is experiencing gambling harm.

You may be dealing with:

- Worry about their future.
- Feelings of guilt.
- Financial concerns.
- Family tensions.
- Questions around how best to help.

Many parents focus entirely on protecting their child and overlook their own wellbeing. Parents deserve support too.

Support for Partners

Partners may experience:

- Loss of trust.
- Financial stress.
- Relationship conflict.
- Fear about the future.
- Emotional exhaustion.

Support can provide a space to discuss these experiences openly and honestly. It can also help partners consider what they need moving forward, whether the relationship continues or ends.

Support for Friends and Chosen Family

Within LGBTQ+ communities, support often extends beyond biological family relationships.

You may be:

- A close friend.
- A chosen family member.
- A former partner.
- A housemate.
- A community connection.

If someone's gambling has affected you, your experiences are valid.

You do not need a formal family role to access support.

When Gambling Harm and Other Issues Intersect

Sometimes gambling harm occurs alongside other challenges such as:

- Mental health difficulties.
- Trauma.
- Substance use.
- Chemsex-related harms.
- Domestic abuse.
- Criminal justice involvement.

These situations can feel particularly complex.

Support can help you navigate these challenges whilst recognising the unique circumstances of your situation.

Where additional specialist support is needed, appropriate signposting may also be helpful.

Support Following Gambling-Related Crime

For some affected others, gambling harm may involve:

- Theft.
- Fraud.
- Financial abuse.
- Court proceedings.
- Police involvement.
- Imprisonment.

These experiences can create additional distress, shame, and uncertainty.

Support can help you explore:

- The emotional impact.
- Rebuilding trust.
- Establishing boundaries.
- Protecting yourself financially.
- Moving forward after difficult experiences.

Your experiences deserve recognition regardless of how gambling harm has affected your life.

LGBTQ+ Inclusive Support Matters

Not everybody's experiences of support services have been positive.

Some LGBTQ+ people have experienced:

- Discrimination.
- Assumptions about relationships.
- Lack of understanding of chosen family.
- Poor understanding of gender identity or sexuality.

This can sometimes create barriers to seeking support.

At Recover with Pride, we recognise that LGBTQ+ lives, relationships, families, and communities are diverse.

Our approach is grounded in inclusion, understanding, and respect.



University of Brighton



You Can Seek Support Even If They Don't

A common misconception is that support only becomes available once the person gambling asks for help.

This is not true.

You can seek support:

- If they deny there is a problem.
- If they refuse help.
- If gambling is still ongoing.
- If recovery has already begun.
- If gambling stopped years ago but the impact remains.

Your access to support does not depend on somebody else's choices.

Recovery Is for Affected Others Too

Many people think of recovery as something that only applies to the person who gambles.

In reality, affected others often experience their own recovery journey.

This may involve:

- Rebuilding confidence.
- Restoring trust.
- Improving wellbeing.
- Healing from past experiences.
- Developing healthy boundaries.
- Finding hope and stability.

You deserve support through that process.

How Recover with Pride Can Help

Recover with Pride provides support for LGBTQ+ people and affected others impacted by gambling harm.

We offer a safe, inclusive and non-judgemental environment where you can:

- Explore your experiences.
- Better understand gambling harm.
- Reflect on your wellbeing.
- Develop confidence and resilience.
- Reduce feelings of isolation.
- Access information and resources.
- Connect with supportive conversations that help you move forward.

You do not need to face this alone.



University of Brighton



Key Takeaway

If someone's gambling has affected your life, your experiences matter.

You do not need to wait for a crisis, and you do not need to wait for somebody else to ask for help before seeking support yourself.

Support is available, recovery is possible, and you deserve the same compassion and care that you so often offer to others.

Key Message

Support is not only for the person who gambles. If someone else's gambling has affected your wellbeing, relationships, finances, confidence, or sense of security, you deserve support too.

Refer for support here:

www.switchboard.org.uk/service/recover-with-pride/referral/



University of Brighton



Support for Affected Others



Aila

Aila is a website for women in Scotland experiencing or affected by gambling harm, developed by women with lived and living experience. If you are being harmed by someone else's gambling, Aila brings together emotional support, financial and debt advice, and practical guidance on navigating conversations and setting boundaries, helping you find the right service at the right time. Our monthly Living Room offers a welcoming in-person and online space for women affected by their own or someone else's gambling, and the Lived and Living Library shares stories from women across Scotland. You are not alone.

Links

Website

aila-scotland.co.uk/explore-available-support/support-for-affected-others/

aila-scotland.co.uk/explore-available-support/are-you-supporting-someone-else/

aila-scotland.co.uk

Contact

hello@aila-scotland.co.uk



Ara

Ara provides free support for people across the South West affected by someone else's gambling, including partners, family members, friends and colleagues. Support includes one-to-one counselling delivered face-to-face, by telephone or online by professionally accredited, CBT-qualified counsellors. Sessions focus on emotional wellbeing, coping strategies, recovery and rebuilding confidence.

Ara also offers specialist relationship counselling support, where gambling has impacted trust, communication, finances or family life, helping people to rebuild relationships and move forward together. In addition, our easy access workshops provide practical advice, digital safety support, understanding gambling-related harms, and action planning for those seeking support at the earliest opportunity.

Links

Website

www.recovery4all.co.uk/

Refer for support here:

www.switchboard.org.uk/service/recover-with-pride/referral/



University of Brighton



Support for Affected Others



Betknowmore UK

Behind every person experiencing gambling harm, an estimated 6-10 other people may be affected.

A partner losing sleep. A parent caught between worry and responsibility. A young person living with tension in their home. A friend who wants to help but doesn't know how. A colleague covering up mistakes at work.

If this is you, Betknowmore UK is right behind you.

We offer digital peer support service for anyone aged 18 and above. Our Peer Supporters have City and Guilds assured training and lived experience of gambling harms. They understand what you are going through.

Supporting you through shared lived experience

As part of the statutory levy, Betknowmore UK is funded to provide 1:1 and group support to affected others in England and Scotland.

This support aims to ensure that through peer-led engagement and intervention, people are offered the most appropriate support to address their specific needs.

Links

Website

www.betknowmoreuk.org/affected-other

Breakeven

Breakeven

Breakeven offers counselling support for partners, family members and friends affected by someone else's gambling. Gambling harm can put pressure on relationships, finances and the wider household, and support is available for you too.

You can receive support even if the person who gambles is not ready to seek help. Breakeven works with affected family members and friends to help them understand their experiences and find ways to cope with the impact.

Its family and friends resources also offer guidance on looking after yourself, understanding gambling harms and having supportive, non-judgemental conversations.

Links

Website

www.breakeven.org.uk/family-and-friends

Refer for support here:

www.switchboard.org.uk/service/recover-with-pride/referral/



University of Brighton



Support for Affected Others



Chances

As part of Cyrenians' homelessness prevention strategy – Chances offers person-centred, non-judgemental, and non-time limited support to anyone aged 16+ in Scotland who is impacted by gambling harm. For affected others - the service adopts a Community Reinforcement & Family Training approach focused on their recovery and not the person gambling and supports with:

- Promoting self-care, general wellbeing, independence, and boundary setting
- Understanding gambling behaviour and a loved one's triggers
- Improving communication with the person gambling through positive reinforcement techniques
- Guidance & tools to encourage the person gambling to reduce the harms experienced

Online and phone options are offered Scotland wide and in-person in Edinburgh, the Lothians and Falkirk. Organisational and self-referrals are welcome via email or phone on **07983 137239**. Alternatively, a referral form can be completed (available upon request).

Links

Website

[Chances: Gambling Support](#)

Contact

[07983 137239](tel:07983137239)

chances@cyrenians.scot



Gambling Recovery Therapy

Founded by Lorraine Perrons and Claire Jones, Gambling Recovery for All CIC and Gambling Recovery Therapy Limited combine family experience of gambling harm with specialist professional training.

The CIC's Rebuild & Rise: Reclaim Your Life is a fully funded, trauma-informed 12-week online programme for eligible women across the UK affected by someone else's gambling. It focuses on emotional wellbeing, financial resilience, boundaries, confidence and rebuilding a sense of choice and control. Women can seek support whether or not the person who gambles has stopped or sought help.

Gambling Recovery Therapy Limited also offers private paid one-to-one therapy for people experiencing gambling harm and those affected by someone else's gambling, with a complimentary 30-minute introductory conversation.

Links

Website

www.gamblingrecoverytherapy.com/affected-other

forms.gle/aMA4fJbgDMSpg0Tb9

www.gamblingrecoverytherapy.com/brochure

Contact

contact@gamblingrecoverytherapy.com

Refer for support here:

www.switchboard.org.uk/service/recover-with-pride/referral/



University of Brighton



Support for Affected Others



Recover Together

Recover Together provides a safe and supportive space for people affected by gambling harm, including family members, partners, friends and others impacted by someone else's gambling. Reaching out can feel difficult, and people may not always know what support they need or where to start. We're here to listen and walk alongside them, helping them find a way forward that feels right for them. Our approach is shaped by lived experience of gambling harm and recovery, and we meet people with empathy, honesty and no judgement, providing support, understanding and connection.

Links

Website

recoverttogether.org/what-we-do/affected-others/



Shiltons' Silverlining

Shiltons' Silverlining supports partners, family members, friends and loved ones affected by someone else's gambling. Its Affected Others service offers a confidential space to talk, be heard and feel understood.

The charity recognises that someone else's gambling can bring anxiety, financial pressure, relationship difficulties and isolation. It offers emotional support, guidance and information to help people cope with the impact and find a way forward.

Built on lived experience, the service recognises that affected family members and friends need support for their own mental health, wellbeing and relationships too.

Links

Website

shiltonssilverlining.org/affected-others/

Refer for support here:

www.switchboard.org.uk/service/recover-with-pride/referral/



University of Brighton

