Recover with Pride

LGBTQ+ GAMBLING HARM SUPPORT

Homophobia, Biphobia and Transphobia and Gambling Recovery

switchboard

REFRAME COACHING

University of Brighton

Homophobia, Biphobia and Transphobia and Gambling Recovery

What Are Homophobia, Biphobia and Transphobia?

Homophobia, biphobia, and transphobia refer to prejudice, discrimination, negative attitudes, harassment, or unfair treatment directed towards people because of their sexual orientation, gender identity, or gender expression.

These experiences can occur in many areas of life, including family relationships, education, workplaces, healthcare settings, community spaces, online environments, and social networks. They can range from overt discrimination and abuse to subtle behaviours, such as exclusion, assumptions, microaggressions, or invalidation.

For many LGBTQ+ people, these experiences can have a profound impact on confidence, mental health, relationships, and overall wellbeing. Over time, repeated exposure to prejudice can lead to increased stress, anxiety, depression, loneliness, and feelings of not belonging.

For some individuals, gambling may become a way to escape these difficult emotions, cope with rejection, distract from distress, or temporarily relieve feelings of shame and isolation.

Understanding the impact of homophobia, biphobia, and transphobia can be an important part of addressing the root causes of gambling-related harm and supporting sustainable recovery.

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How to Use This Tool

This resource is designed to help you reflect on how experiences of discrimination may have affected your life, wellbeing, and gambling behaviours.

You may find it helpful to:

- Identify experiences of homophobia, biphobia, or transphobia that have had a lasting impact on you.
- Explore how these experiences have affected your confidence, self-esteem, and relationships.
- Consider whether discrimination or rejection contributes to gambling urges.
- Recognise emotional triggers linked to past or current experiences.
- Challenge self-blame and acknowledge the impact of external prejudice.
- Identify supportive people, communities, and safe spaces.
- Develop healthier strategies for managing difficult emotions.

This process is not about revisiting painful experiences unnecessarily. It is about understanding how they may continue to affect you and identifying ways to support your wellbeing and recovery.

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How This Can Aid Recovery From Gambling Harm

Experiencing discrimination can create significant emotional distress. Many people report feelings of anger, sadness, fear, rejection, shame, or loneliness following experiences of prejudice.

Without healthy coping strategies, gambling can sometimes become a way to:

- Escape difficult emotions.
- Numb emotional pain.
- Manage stress and anxiety.
- Distract from feelings of rejection.
- Seek temporary relief from loneliness or isolation.

By exploring these experiences and their impact, you can:

- Better understand the emotional drivers behind gambling behaviours.
- Develop healthier coping mechanisms.
- Reduce feelings of shame and self-blame.
- Improve emotional wellbeing and resilience.
- Build confidence and self-worth.
- Strengthen supportive relationships and community connections.
- Create a stronger foundation for long-term recovery.

Recovery becomes more sustainable when we address both the gambling behaviour and the experiences that may have contributed to it.

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LGBTQ+ Considerations

Experiences of discrimination can affect LGBTQ+ people in very different ways.

You may have experienced:

- Homophobic, biphobic, or transphobic bullying.
- Rejection from family members or friends.
- Workplace discrimination.
- Harassment or abuse in public spaces.
- Negative experiences within healthcare settings.
- Pressure to hide your identity.
- Fear about being authentic in certain environments.
- Ongoing concerns about safety, acceptance, or belonging.

For bisexual people, this may also include experiences of bi-erasure, stereotypes, or feeling misunderstood by both LGBTQ+ and non-LGBTQ+ communities.

For trans and non-binary people, experiences may include misgendering, barriers to affirming services, challenges accessing healthcare, or discrimination relating to gender identity and expression.

Recognising these experiences is not about defining yourself by them. It is about understanding how they may influence your wellbeing, relationships, and recovery journey.

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Practical Recovery Activities

To support your recovery, consider:

- Writing about experiences that have affected your confidence or wellbeing.
- Identifying situations that trigger feelings of rejection or distress.
- Challenging negative beliefs that have developed from discriminatory experiences.
- Practising self-compassion and self-acceptance.
- Connecting with supportive LGBTQ+ communities.
- Exploring positive role models and affirming stories.
- Developing a wellbeing plan for difficult days.
- Celebrating strengths, achievements, and progress in recovery.

Healing often starts with recognising that the discrimination you experienced was not your fault.

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How We Can Help

Our Recover With Pride Recovery Coaches understand that homophobia, biphobia, and transphobia can have a lasting impact on emotional wellbeing and can sometimes contribute to gambling-related harm.

We can support you to:

- Explore how discrimination may have affected your recovery journey.
- Understand connections between emotional distress and gambling behaviours.
- Identify personal triggers and patterns.
- Develop healthier coping strategies.
- Build confidence, resilience, and self-esteem.
- Challenge shame and negative self-beliefs.
- Strengthen support networks and community connections.
- Create positive recovery habits that support long-term wellbeing.

Our coaching is LGBTQ+ affirming, trauma-informed, and rooted in an understanding of minority stress and lived experience. We recognise that recovery is about more than stopping gambling. It is about helping you heal, strengthen your sense of self, and build a life that feels safe, authentic, and fulfilling.

Our Recovery Coaches can work alongside you to help integrate this tool into your recovery routine, better understand its benefits, and develop practical strategies that promote resilience, self-acceptance, and lasting recovery from gambling harm. Together, we can help you move from surviving discrimination to building a future defined by pride, wellbeing, and hope.

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

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