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# Trans, Non-Binary and Intersex Wellbeing and Gambling Recovery

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# Trans, Non-Binary and Intersex Wellbeing and Gambling Recovery

## What Is This?

Being trans, non-binary, or intersex is a natural and valid part of human diversity. However, many trans, non-binary, and intersex people face unique challenges that can impact wellbeing, mental health, and daily life.

These challenges may include discrimination, gender dysphoria, lack of understanding from others, barriers to healthcare, misgendering, pressure to conform to societal expectations, family rejection, social isolation, or concerns about personal safety and acceptance.

For some people, the stress associated with these experiences can contribute to harmful coping mechanisms, including gambling. Gambling may initially feel like a way to escape difficult thoughts, manage emotional distress, cope with loneliness, or temporarily distract from challenges related to identity and lived experience.

Understanding how your identity and life experiences intersect with gambling harm can help you build healthier coping strategies and support long-term recovery.

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## How to Use This Tool

This resource is designed to help you explore the factors affecting your wellbeing and identify opportunities to strengthen your recovery.

You may find it helpful to:

- Reflect on how your identity influences your mental and emotional wellbeing.
- Explore situations that make you feel affirmed, safe, and accepted.
- Identify experiences that create stress, anxiety, or emotional distress.
- Consider whether gender-related or identity-related challenges contribute to gambling urges.
- Build awareness of your emotional triggers.
- Develop strategies that support self-care and self-acceptance.
- Connect with supportive people, communities, and services.

The aim is not to focus solely on challenges but also to recognise strengths, resilience, and the positive aspects of living authentically.

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## How This Can Aid Recovery From Gambling Harm

Many trans, non-binary, and intersex people experience ongoing pressures that can affect emotional wellbeing. When these pressures go unaddressed, gambling can sometimes become a way of coping.

You may find yourself gambling to:

- Escape difficult emotions.
- Manage anxiety or stress.
- Cope with experiences of discrimination.
- Distract from feelings of dysphoria.
- Relieve loneliness or isolation.
- Generate a temporary sense of control during uncertain times.

By exploring these experiences, you can:

- Better understand the reasons behind gambling urges.
- Develop healthier coping strategies.
- Improve emotional regulation.
- Increase self-awareness and self-compassion.
- Build resilience and confidence.
- Strengthen your sense of identity and self-worth.
- Create healthier routines that support long-term recovery.

Recovery is often most effective when it addresses both the behaviour and the experiences that sit beneath it.

# Trans, Non-Binary and Intersex Wellbeing and Gambling Recovery

## Trans, Non-Binary and Intersex Considerations

Every person's experience is different.

You may be:

- Exploring your gender identity.
- Socially transitioning.
- Accessing or considering gender-affirming healthcare.
- Navigating changes in relationships or family dynamics.
- Managing experiences of misgendering or discrimination.
- Feeling pressure to educate others about your identity.
- Facing barriers to healthcare or support services.
- Living with intersex variations and navigating decisions around identity, healthcare, or disclosure.

These experiences can have a significant impact on wellbeing and self-esteem. They can also create additional layers of stress that influence gambling behaviours.

It is important to remember that any distress you experience is not caused by your identity itself. More often, it stems from the barriers, prejudice, exclusion, or lack of understanding that trans, non-binary, and intersex people can encounter.

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## Practical Recovery Activities

To support your wellbeing and recovery, consider:

- Identifying environments where you feel safe and affirmed.
- Creating a self-care plan that supports both physical and emotional wellbeing.
- Journalling about identity, resilience, and personal growth.
- Connecting with trans, non-binary, or intersex peer support networks.
- Practising self-compassion during difficult periods.
- Exploring activities that help you feel connected to yourself and your identity.
- Monitoring situations that trigger gambling urges.
- Celebrating milestones in both your personal journey and recovery.

Building a positive relationship with yourself can be a powerful protective factor in recovery.

# Trans, Non-Binary and Intersex Wellbeing and Gambling Recovery

## How We Can Help

Our Recover With Pride Recovery Coaches understand the unique challenges that trans, non-binary, and intersex people can face, and how these experiences may intersect with gambling-related harm.

We can support you to:

- Explore the relationship between your lived experiences and gambling behaviours.
- Understand how stress, discrimination, dysphoria, or isolation may affect recovery.
- Identify personal triggers and risk factors.
- Develop healthier coping strategies.
- Build confidence, resilience, and self-acceptance.
- Create positive daily routines that support wellbeing.
- Strengthen connections to supportive people and communities.
- Develop a personalised recovery plan that reflects your identity, goals, and circumstances.

# Trans, Non-Binary and Intersex Wellbeing and Gambling Recovery

Our coaching is LGBTQ+ affirming, trauma-informed, and centred on your individual needs. We recognise that recovery is about more than reducing gambling harm. It is about supporting you to build a life where you feel safe, valued, empowered, and able to thrive as your authentic self.

Our Recovery Coaches can work alongside you to incorporate this tool into your recovery journey, helping you better understand its benefits, develop positive habits, and create strategies that support both your wellbeing and your long-term recovery. Together, we can help you build a future founded on authenticity, resilience, pride, and possibility.

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

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