

Exploring the relationship between gambling behaviour, suicidality, and treatment support

Information Sheet: Interviews

What is the study about?

The National Centre for Social Research (NatCen) has been commissioned by GambleAware to conduct a study on the relationships between gambling and suicidality.

The research aims to understand the relationships between gambling behaviour, suicidal thoughts and behaviours, personal factors (e.g., age, ethnicity, gender, employment status), and access to gambling treatment and support.

[NatCen](#) is Britain's largest independent not-for-profit social research organisation, aiming to improve people's lives through research. [GambleAware](#) is a charity and strategic commissioner of gambling harms education, prevention, early intervention, and treatment. They have funded our research through funds collected by the Gambling Commission.

For this study, NatCen is conducting interviews with people who have experienced both gambling harms and suicidal thoughts and/or behaviour. We have also conducted an online survey (which was delivered by YouGov) with people who gamble and interviews with frontline treatment and support staff.

Given our research topic, we have included at the end of this document the contact details of support organisations in gambling, financial support, and personal and emotional support.

What would my involvement be?

We are recruiting people who have experienced both gambling harms and suicidal thoughts/behaviours to take part in interviews until **the end of June 2025**.

The interview will last approximately **90 minutes** and will take place at a time convenient for you. The interview will take place online via Microsoft Teams/ Zoom or over the telephone with a NatCen researcher.

To thank you for your time, you will receive a £50 voucher (Love2Shop) for participating.

Before taking part in interviews, we will also have a brief (**up to 30 minutes**) discussion with you to:

- Provide more information about the study and answer any questions you may have;
- Ask you questions about your experiences with gambling harms and suicidal thoughts/behaviours, and your demographic characteristics – to check whether or not you would be eligible to take part;

- Discuss with you to identify relevant sources of support and actions that the research team and you can take to prevent and mitigate risks to your well-being during and after the interview.

Unfortunately, not everyone interested in participating will be invited to an interview.

However, we greatly appreciate your interest and would be grateful to discuss this further.

What will you ask me in the interview?

Our interviews will focus on experiences of gambling, gambling harm, and suicidal thoughts and/or behaviours. If you decide to take part, we will ask questions on the following topics:

- Your experience with gambling, whether and how it was linked to suicidal thoughts or behaviours;
- Personal and social circumstances that might have influenced how you gambled and your mental health;
- Any stigma that you might have experienced about gambling and/or having suicidal thoughts or behaviours;
- How easy or difficult it was for you to seek and access support, including anything that might have prevented you from seeking support sooner; and
- Your recommendations for effective treatment and support.

To discuss these, we will ask you whether or not you are happy to create together a timeline of your journey with gambling and suicidal thoughts/behaviours.

Is participation voluntary?

Taking part in the interview is entirely voluntary, and you can change your mind at any time. If you choose to participate in an interview, you are free to skip any questions you'd prefer not to answer and can stop at any time.

You can also change your mind after completing an interview. You can withdraw your contribution by contacting the research team using the details below at any point until **the 16th of July**.

Will anyone else find out what I have told you?

If you take part, NatCen will treat all data you provide as **confidential and anonymous**. You will not be identified to anyone outside the research team, and we will not tell anyone the details of what you say.

The only exception is if you tell us about an identifiable crime or something that gives us reason to believe you or someone else is at **serious risk of harm**. If this happens, we may have to share this information with someone outside of the NatCen research team, such as the emergency services or staff members at the support organisation that provided you this leaflet. We will discuss this with you first.

What happens to the data collected for this project?

The information that we collect will be used for research purposes only. We will combine the information collected for this study into presentations, reports and academic articles, which will be made public.

We may quote individual participants in research outputs, but we will not use names or include any details that could identify anybody who has taken part.

All confidential information relating to this research will be kept securely in accordance with the UK General Data Protection Regulation (GDPR). Personal information and any other data held will be used only for research purposes and securely deleted one year after the project is completed – i.e., October 2026. Further information on how we will use and store personal information is provided on our [Privacy Notice](#) page.

How can I take part?

If you would like to take part in an interview, please contact the research team via email at grhst@natcen.ac.uk by **the end of June 2025**. Please contact us with any questions about this study at grhst@natcen.ac.uk or our [Privacy Notice](#) page.

Who can I contact for advice or support?

Discussing or thinking about experiences of gambling harms and suicidal thoughts or behaviours may be upsetting or distressing. If reading about this research has raised questions or concerns for you about something or you would like to speak to somebody in confidence, you can use the organisations listed below to access support.

Support for gambling harms

National Gambling Helpline – confidential advice, support, and information on problem gambling.

Helpline: 0808 8020 133 (everyday, 24 hours)

Website and Live Chat: <https://www.begambleaware.org>

National Problem Gambling Clinic – to ask about being referred to the clinic you can contact them on:

Helpline: 020 7381 7722 (Calls and emails will be returned within 24-72 hours)

Email: gambling.cnwl@nhs.net

Website: <https://www.cnwl.nhs.uk/services/addictions/national-gambling-clinic>

GamCare – free information, advice and support for anyone harmed by gambling; phone, live chat; group chat and forum to contact others in similar situations and to find support.

Helpline: 0808 8020 133 (everyday, 24 hours)

Website and Live Chat: <https://www.gamcare.org.uk/>

Primary Care Gambling Service (PCGS) – a free confidential NHS service for adults over 18 who experience harms from gambling.

Telephone: 0300 0300 111 (Mon – Fri, 9am to 4pm)

Email: Lamccg.admin.pcgs@nhs.net

Website: <https://www.primarycaregamblingservice.co.uk/>

Gordon Moody – free residential treatment and support for gambling-related harm in a safe and supported environment.

Telephone: 01384 241292

Email: help@gordonmoody.org.uk

Website and Live Chat: <https://gordonmoody.org.uk>

Aquarius – support, information, and advice for people aged over 18 affected by gambling.

Telephone: 0300 456 4293

Email: gambling@aquarius.org.uk

Website: <https://aquarius.org.uk/our-services/adult-services/gambling>

Breakeven – free counselling for gambling-related harms, with tailored support for people from South-Asian backgrounds and women.

Telephone: 01273 833 722

Email: info@breakeven.org.uk

Website: <https://www.breakeven.org.uk/>

Thrivin' Together – supportive space for women who are impacted by gambling, providing advice, support, and referrals.

Email: hello@thrivinttogether.org.uk

Website: <https://www.thrivinttogether.org.uk>

Financial Support

Citizens Advice – advice on debt, benefits, employment, housing, discrimination

Telephone: 0800 144 8848 – Adviceline (England); 0800 702 2020 – Advicelink (Wales)
(Mon–Fri, 9am to 5pm)

Website: <https://www.citizensadvice.org.uk>

Chat service: <https://www.citizensadvice.org.uk/about-us/information/chat-with-us-online-about-debt>

The Trussell Trust – nationwide network of food banks providing emergency food and support

Telephone: 01722 580 180

Website: <https://www.trusselltrust.org>

Universal Credit (UC) helpline – advice on Universal Credit

Helpline: 0800 328 5644 (Mon–Fri, 8am to 6pm)

Website: <https://www.gov.uk/universal-credit/contact-universal-credit>

Shelter – free information, support and advice to people facing homelessness or experiencing housing issues

Helpline: 0808 800 4444 (Mon–Fri, 8am to 6pm)

Website: <http://www.shelter.org.uk>

StepChange – free debt advice for people in the UK.

Telephone: 0800 138 1111 (Mon–Fri, 8am to 8pm; Sat 9am to 2pm)

Website: <https://www.stepchange.org>

Personal and emotional support

Samaritans – free and confidential emotional support if you need to talk.

Helpline: 116 123 (everyday, 24 hours)

Website: <https://www.samaritans.org>

Mind – a mental health charity with a wealth of information on mental health conditions and services

Infoline: 0300 123 3393 (Mon–Fri, 9am to 6pm)

Website (national Mind): <https://www.mind.org.uk>

Website (to find local Mind): <https://www.mind.org.uk/information-support/local-minds>

Scope – free, independent and impartial information and support for people with a physical impairment, learning disability or any other condition

Helpline: 0808 800 3333 (Mon–Fri, 9am to 6pm; Sat 10am to 6pm)

Website: <https://www.scope.org.uk>

Independent age (for older people) – befriending services

Helpline: 0800 319 6789 (Mon–Fri, 8:30am to 5:30pm)

Website: <https://www.independentage.org>

Cruse – free support for people who are experiencing grief and bereavement.

Helpline: 0808 808 1677 (Mon, Wed, Thu, Fri, 9:30am to 5pm)

Website: <https://www.cruse.org.uk>

Age UK – support and advice for older people

Advice line: 0800 678 1602 (everyday, 8am to 7pm)

Website: <https://www.ageuk.org.uk>

SupportLine – confidential emotional support to children, young adults and adults

Helpline: 01708 765200 (Tue–Thu, 6pm to 8pm)

Email: info@supportline.org.uk

Website: <https://www.supportline.org.uk>

Papyrus – free and confidential support for young people under 35 experience thoughts of suicide.

Helpline: 0800 068 4141 (everyday, 24 hours)

Text: 88247

Email: pat@papyrus-uk.org

Website: <https://www.papyrus-uk.org>