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TEEN TIPS PARTNERS UP TO TACKLE FEMALE GAMBLING ADDICTION WITH A PREVENTATIVE PROGRAMME FOR YOUNG PEOPLE

- **Shocking new figures from GambleAware suggest that as many as one million women in the UK may be experiencing gambling-related harm.**
- **Teen Tips is tackling the issue head-on alongside EPIC Risk Management and WHYSUP to deliver a gambling and wellbeing programme education programmes to young people in schools and colleges across the UK.**
- **Each are using their contacts and skillset to deliver bespoke education and support to all-female groups, with EPIC delivering sessions to women’s professional sports teams across the world, Teen Tips delivering sessions to teachers, parents, carers, and pupils in schools across the country, and WHYSUP seeking to increase understanding around mental health and addiction in business, education and sports settings.**

Teen Tips is delighted to be joining forces with EPIC Risk Management and WHYSUP to tackle the issue of female gaming addiction. Alicia Drummond, founder of Teen Tips, hopes that sharing these statistics will prompt the conversations necessary to increase awareness, decrease the stigma associated with women and gambling, and highlight the need for education in this area. She stated:

“It is vital that we educate parents, carers and young people about the risks associated with gambling so that they can make choices which will protect their mental health and wellbeing.”

Patrick Foster, head of delivery at EPIC Risk Management, hopes that publicising the startling statistics that have come to light within the past week will help to bring the issue into wider public consciousness and help those in difficulties to consider their options.

“The figures we’ve seen this week are sadly not surprising because problem gambling remains a very hidden addiction, especially among women,” he explained.

“The stats show that 39% of women facing high levels of gambling harm feel embarrassed and stigmatised about their situation, and therefore don’t like to speak to others or seek help where it’s needed. It’s particularly worrying that academic studies tend to show that women in the most desperate of gambling-related circumstances are inclined to show more suicidal behaviour than men.

“This is why our combined education approach is hopefully crucial to ensuring that these figures change in the years to come. We explain that gambling addiction can target anybody at any time; there’s no set type of person who can become engrossed in this situation.

“By explaining the triggers, how to spot the signs of addiction and where to find help, we hope that we can take as much of the problem out of gambling as possible and we’re pleased to be working with like-minded partners to try and make that vision a reality and mean that startling surveys like this are showing signs of improvement when the follow-ups are released in years to come.”

Mark Murray, founder and director of WHYSUP, has expressed concern about the figures but is pleased that the issue has come into mainstream attention, explaining:

“As alarming as these figures are, we are glad this is being spoken about.

“Through our work across education and working in treatment, we have seen first hand an increase of women who are struggling with a gambling addiction. However, I believe there will be many more women out there that will be struggling and yet to come forward.

“It's vitally important that we educate all youngsters, so they can spot signs in not only themselves but in their peers. And to continually push the message that there is help and support available for everyone. I believe our collaborative education programme does just that.

“By working with our like-minded organisations, we can reach more young people. Our aim is always to prevent, but alongside this make people feel comfortable in coming forward and asking for help.”

Anyone feeling that they’re struggling to resist the temptation of gambling or finding that their wellbeing is being affected by a compulsion to gamble can find resources at The Wellbeing Hub, which can be accessed via <https://club.teentips.co.uk/> or email schools@epicriskmanagement.com for more information on how to sign up.

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**Further information: Emma Pelling, 07958 558172, emma@pellingpr.co.uk
<https://www.teentips.co.uk>**

Notes to Editors

- 1.) **Teen Tips** is a leading independent mental health and wellbeing organisation providing evidence-based, preventative mental health and wellbeing support

through their Wellbeing Hub for Schools. Working with over 150 schools, Teen Tips helps staff, parents and carers deepen their understanding of childhood and adolescence to create environments which promote emotional wellbeing in young people. For more information on Teen Tips Ltd visit <https://www.teentips.co.uk/>

2.) **Alicia Drummond, Teen Tips Founder**

Alicia has first-hand experience of the challenges faced by young people today. As founder of Teen Tips, Alicia delivers online and onsite support and training for staff, parents, carers, charities, clubs, and organisations working with young people. Alicia is also a counsellor, parent coach, speaker, and author.

3.) **EPIC Risk Management** is a globally leading independent gambling harm minimisation consultancy. Working across the highest risk sectors for gambling-related harm, EPIC has worked in 23 countries on ground-breaking harm minimisation programs, sector leading gambling operator training, and class-leading advisory. EPIC draws on lived experience to help individuals and organisations across financial services, elite sport, the military, criminal justice, education, and the gambling industry to minimise the risks posed by gambling harm. For more information on EPIC Risk Management visit <https://www.epicriskmanagement.com/>

4.) **WHYSUP** is dedicated to reducing and resolving the devastating impacts that addiction and mental illness has on individuals, organisations and communities. Led by two long-standing friends since school, Mark Murray and Liam McBride, who are in recovery from addiction, they now try to share what they have learned, to benefit others and work within education, businesses and sports clubs.