

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

### **Information Sheet: Lived Experience Panel**

#### **What is the study about?**

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

We want to better understand the relation between gambling, suicidal ideation and / or behaviour and wider determinants among different demographic groups.

To do so, we will have an online survey and do interviews with frontline delivery and treatment staff, as well as with people who have experienced gambling harms and suicidal ideation and / or behaviour.

#### **What is my involvement?**

We are recruiting a Lived Experience Panel to provide guidance and input throughout the project.

We want the Lived Experience Panel to include:

- People who have experienced harms related to their gambling; and
- People who have previously attempted suicide or who have experienced suicidal thoughts / ideas.

The panel sessions will take place over the phone or using Microsoft Teams, and can be arranged at a time and date convenient for you and the other panel members.

#### **Lived Experience Panel members role will include:**

- Develop and agree to the panel's scope, tasks, and responsibilities;
- Input in the development of all recruitment materials;
- Provide feedback on data collection tools (survey questionnaire and topic guides); and
- Present the results at an online round table in 2025.

Lived experience panel members will be remunerated for their time, at a rate of £75 for two hours to cover each engagement (up to 90 minutes) and preparation (30 minutes). We expect the panel to meet for a total of five sessions between June 2024 and October 2025.

#### **Is the discussion confidential?**

Yes, the discussion is confidential. The information you provide will be used to write a report for GambleAware. We will not identify you without your permission in any reports, presentations, or workshops of the evaluation findings.

The only exception to confidentiality is if you talk about something which we believe puts you or another person at significant risk of harm. In that case, we will have to seek advice from senior colleagues at our workplace who are specially trained. We will always try to discuss this with you first.

## Do I have to take part?

Your participation is entirely voluntary. If you agree to participate you are free to change your mind at any point prior to, during, or after the panel sessions.

## How can I take part?

Please email the research team at [grhst@natcen.ac.uk](mailto:grhst@natcen.ac.uk). Once we receive your email, one of our researchers will be in touch to discuss your involvement.

We hope to accommodate all those who want to take part in this research. However, please note that we may be recruiting from a larger group of potential participants, therefore participation is not guaranteed. When we contact you, we will ask you a short set of questions before inviting you to join the Lived Experience Panel.

If you require any additional support to participate in the Lived Experience Panel (for instance with technology, or to accommodate a disability), please let the research team know.

## Support

For some people, discussing their experiences may be upsetting or distressing. We want to ensure that you have the contact details of organisations who you can talk to and who can help you.

### Support for problem gambling

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

**Helpline:** 0808 8020 133 (Freephone 24 hours, 365 days a year)

**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](mailto:gambling.cnwl@nhs.net)

**Website:** <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-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 (Freephone 24 hours, 365 days a year)

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

### Personal and emotional support

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

**Helpline:** 116 123 (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-6pm)

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

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

## More information on the evaluation

For more information you can contact the project team at: [grhst@natcen.ac.uk](mailto:grhst@natcen.ac.uk)