



**Mindful**   
**Resilience**

**Engage • Identify • Signpost**

Enabling health professionals to access high quality training  
on gaming and gambling related harms in children and young people



**Young people can suffer harm as a result of gaming or gambling.**

**Would you know...**

**How to approach this issue? What actions to take?**

**Where can you signpost to support?**

Through our free training, professionals (from GPs to Mental Health workers) will acquire new knowledge to equip them to understand the issues and risks surrounding gaming and gambling. They will be able to have effective discussion with young people that allows them to confidently identify, engage and support those that may need additional help during their brief interactions.

## **The need for training on gaming and gambling harms in young people**

In a fast-paced digital world, there is constant development of new, engaging technologies that excite and hold the interest of young people.

Whilst most people game or gamble safely, there is an under-estimation of the risk of harm and the potential for addiction. Young people are slipping through the net. When they reach out for help but can't have their needs met, they describe feeling

**'lost, despairing, ashamed or suicidal'**

The majority of health professionals report having little knowledge in this area and do not know how to identify who may be suffering or where to get them support.



**Dr Ali Lutte-Elliott**

Co-Author of the  
Mindful Resilience  
Programme,  
YGAM

***"You really don't need to be an expert in gambling or gaming to be helpful"***

***"...your brief contact might become the pivotal moment of positive change. Being part of the process of accessing support and resources can transform a young person's life".***



## Dr Sarah Hodge

Co-Author of the  
Mindful Resilience  
Programme,  
Bournemouth  
University



*“We understand it can feel like a maze for gaming and gambling in children and young people; who needs support and what is the support available?”*

*“Through two simple steps we will show you how you can apply mindful and resilience concepts to your role to identify and direct children and young people to support.”*

The Mindful Resilience training will enable informed professionals who, without having to be experts, will be able to spot and confidently respond to those who are struggling during their interactions with young people.

This training is not about doing something completely new; it is about professionals applying their skills and experience with additional insight so that young people can access the support that is on offer. A comprehensive resource guide of what services and support are available will assist professionals to empower young people to take positive action.

## What will Mindful Resilience do for me?

The programme equips health professionals with the knowledge and understanding required to identify, support and refer children and young people who are experiencing harms related to gaming and gambling.

- ✓ **Free and Accessible** - online or face to face
- ✓ **Time efficient** in variety of formats
- ✓ **Follow up** - opportunities to embed learning
- ✓ **Practical** - easy to implement clinical resources
- ✓ **Resources** – information to give to young people
- ✓ **Certificate** for CPD



The programme is a collaboration between third sector charities YGAM and BetKnowMore, and Bournemouth University. The training has been designed by psychologists, and informed by individuals with lived experience, academics and health professionals, ensuring the content is relevant, engaging and informative.

Health professionals are well positioned to join us in our aims to influence change and reduce suffering in young people.

### **Stella Comber**

Head of Learning and  
Development at  
Betknowmore



***'At Mindful Resilience we believe that sector leading training is not only about providing information; it should provoke curiosity, involve the sharing of wisdom, increase professional confidence and inspire change'***

## **Is this for me?**

Available to all health professionals who work directly with children and young people (under the age of 25) in the Greater London area. Following extensive evaluation, the vision is to roll out the programme more widely.

We aim to train health professionals who are limited in time, potentially restricted in role and who may not 'treat' these issues directly, but who are able to engage and 'hold the hand' of the young person into getting the help they might need.



***'By being on this workshop,  
you might just save a life...'***

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**Joe Woof**

Experience of Gambling Addiction

- ✓ After signing up to take part in the Mindful Resilience programme, you will be contacted with an offer of an online workshop or a bespoke training session to fit the needs of your organisation.
- ✓ Once a training session has been completed, health professionals will be given access to the programme's comprehensive and free online resources.



For further information or to book onto the Mindful Resilience programme, please contact the team at:  
**[info@mindfulresilience.org.uk](mailto:info@mindfulresilience.org.uk)**



**RGC**



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