

# ***Younger people seeking help; experiences from low-threshold services in Norway***

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# Our team and the services we provide:



## **The National Helpline for problem gambling**

Opened in 2003. Anonymous phone and chat/email service aiming to help and assist in lifecrisis related to gambling and/or gaming.

## **Online treatment**

Launched in 2007 and have since then been an important low threshold service making it easier to seek help in Norway

## **Follow-up for significant others**

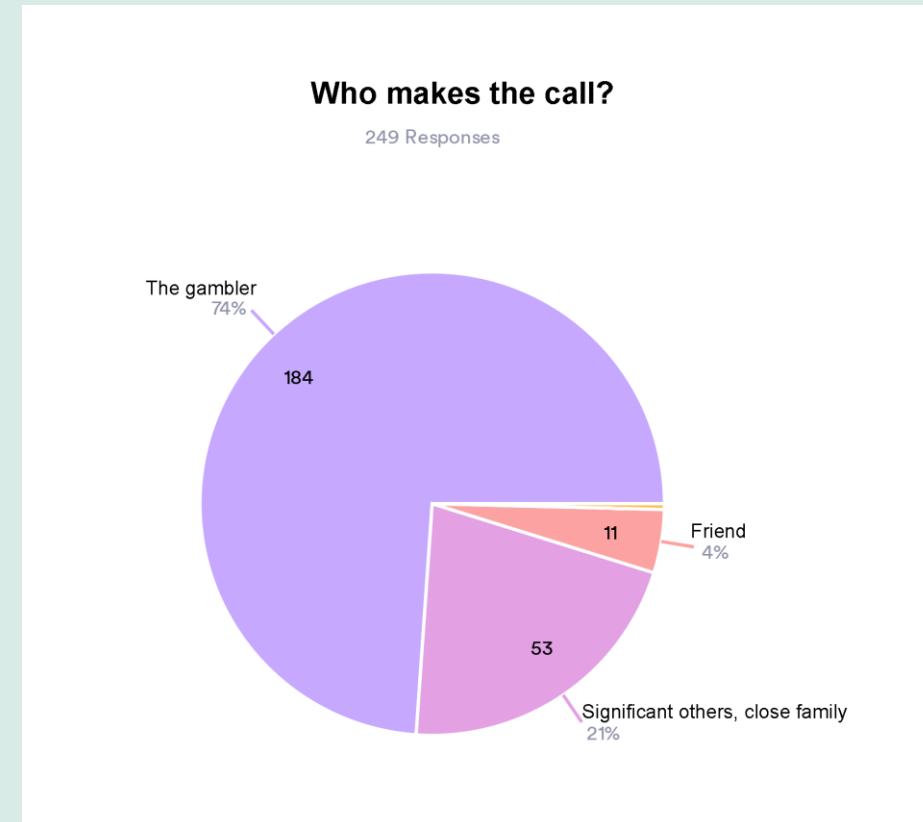
Aim to assist people close to the problem gambler, weekly phonecalls over three months.

- Increase in young people seeking help (age 18-24)
- Our experiences from treatment and the Helpline
- Trends and high risk situations among youngsters
- Different treatment-approach in meeting with younger clients?

A new client that recently signed up for treatment:

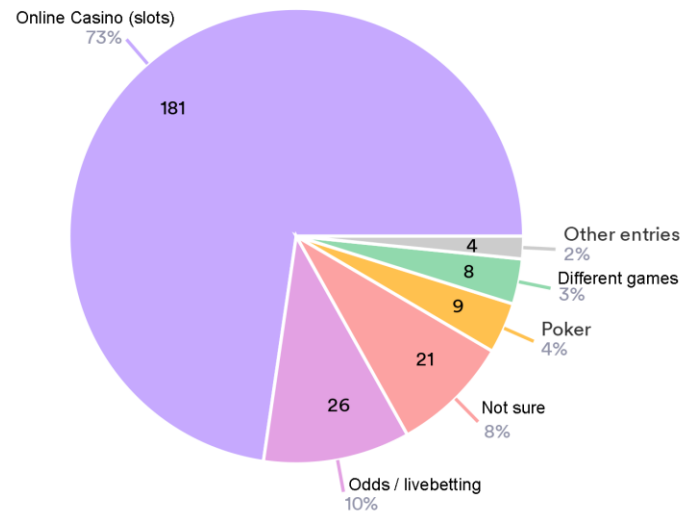
- Male, 21 years old
- Describes himself as addicted to gambling since he was 19
- Lost half a million during the last year (..about 45.000 euros).
- Started gambling when he was 13

- 2024 Helpline numbers
- 18 – 24 year old
- 249 responses



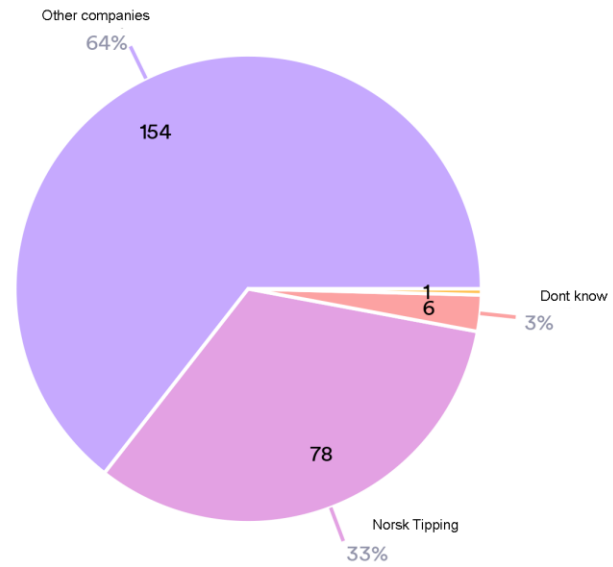
### What is the main problem?

249 Responses



### Online Casino (slotmachines)

239 Responses



**BEFORE INVESTING  
IN CRYPTO**

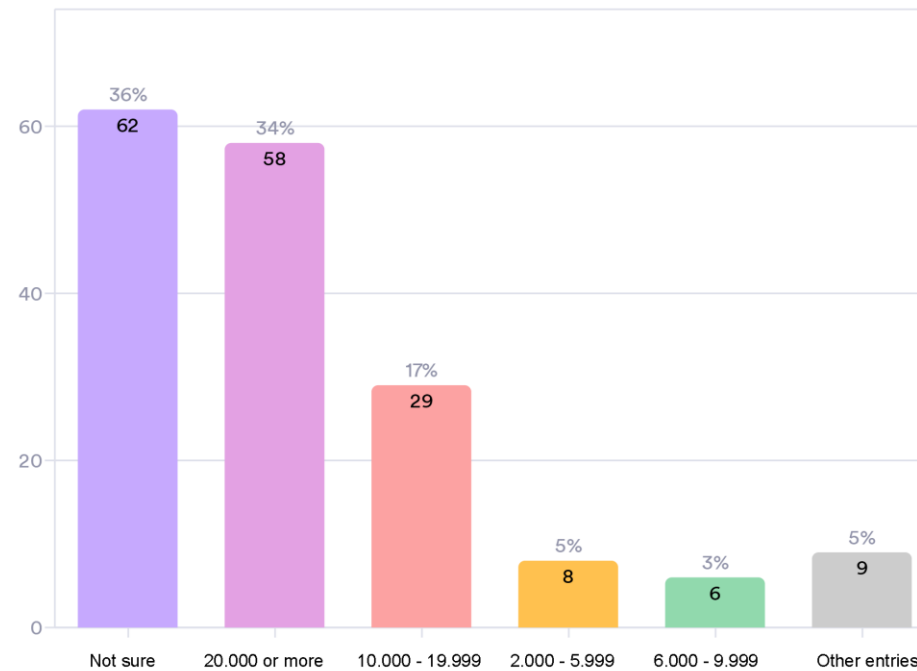


**AFTER INVESTING  
IN CRYPTO**



## How much money lost (the last 4 weeks)

172 Responses

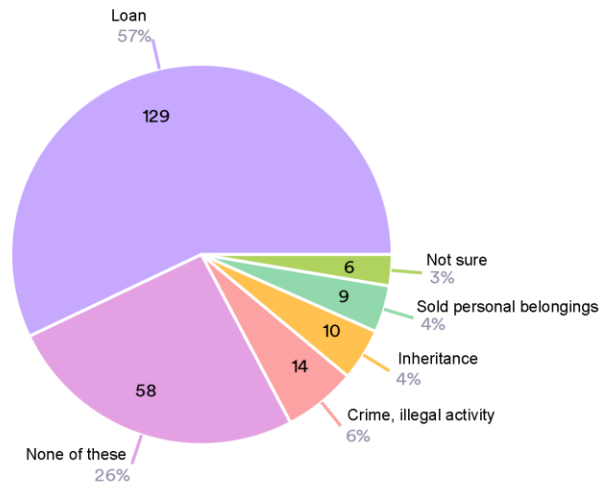


20.000 =

SEK	<b>18 694,49</b> Svensk Krone
DKK	<b>12 889,06</b> Dansk Krone
EUR	<b>1 727,63</b> Euro
ISK	<b>253 468,00</b> Islandsk Krone

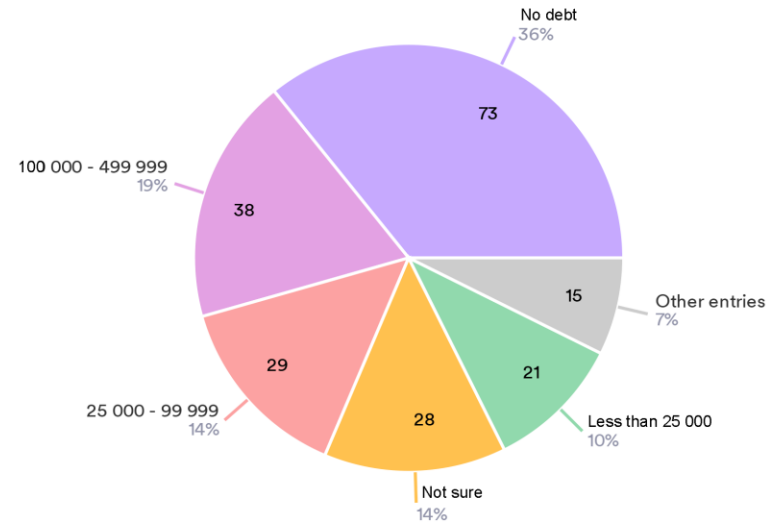
## How to finance gambling

226 Responses



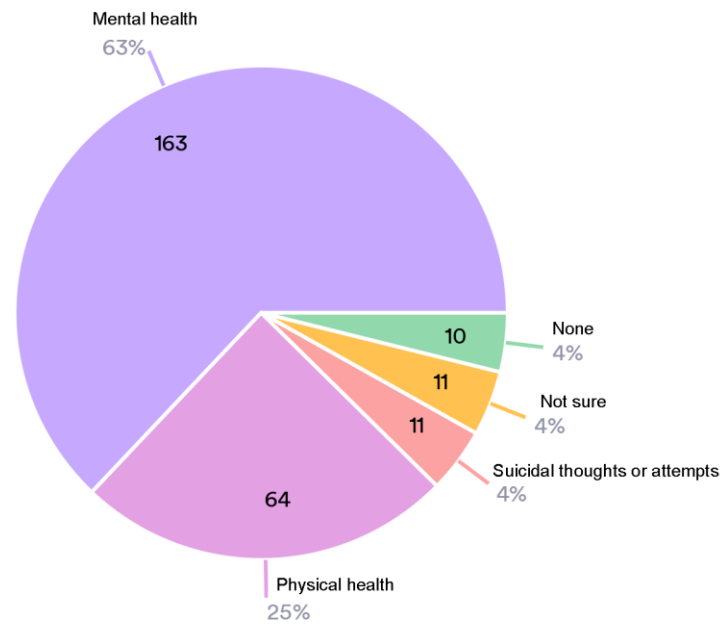
## Debts due to gambling?

204 Responses



## Consequences

259 Responses



Young people (18-24) with gambling problems,  
..when and where does it start?



gd.no

## 16-åring har brukt 117.000 kroner på gaming på tre år: – Ungdom lurer foreldrene sine for penger



Spilleren ser ut gjennom øynene på figuren han/hun kontrollerer. Foto: Junge, Mia Oshiro

Av Trine Rognli 06. mars 2019, kl. 20:20

16-åringen fra Lillehammer-distriktet har brukt 117 000 kroner på gaming de siste tre åra. Han og kompisen forteller om et gamingmiljø som innebærer svindel, avhengighet og luring av foreldre.

GD 6.mars 2019

5 years later →


NRK

Nyheter Sport Kultur Humor Distrikt Mer

20:40:58 Rogaland TV Radio Tips oss!

## Spiller vekk konfirmasjonspengene: – Ingen grenser eller sperrer

Barn kjøper skins fra dataspill og bruker dem som valuta på gamblingsider. Både Spillavhengighet Norge og Forbrukerrådet advarer sterkt mot nettsidene.

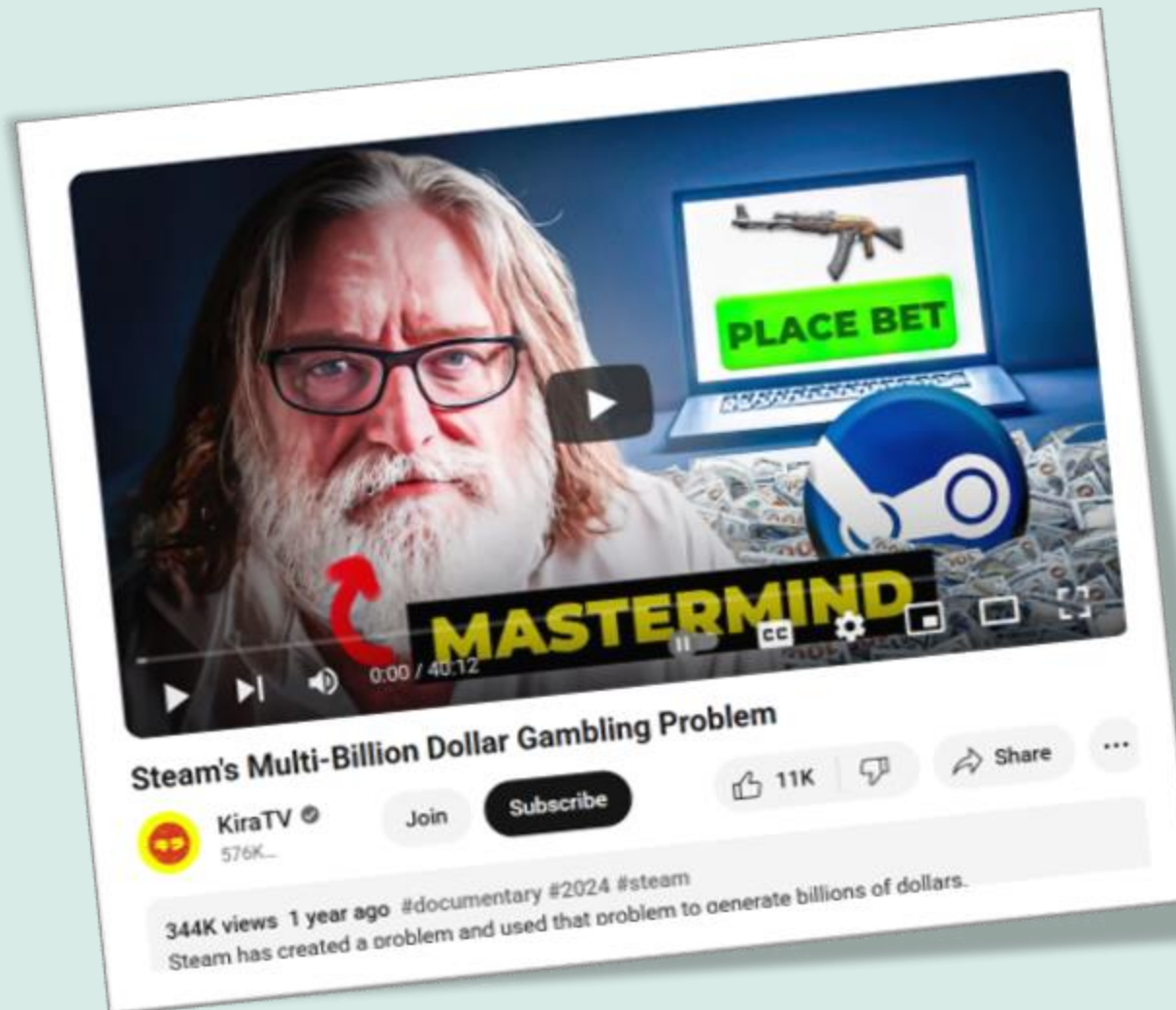


Gisle Jørgensen  
Journalist

Publisert 10. mars kl. 18:58

Hundrevis av nettsider tilbyr rulett og andre pengespill. Såkalte skins fra spill som Counterstrike blir brukt som digital valuta. Norske ungdommer under 18 år har tapt tusenvis av kroner på den ulovlige gamblingen.

NRK 10.mars 2024



## Different approach in treatment? How? Why?

- In need of a shorter treatment period, not full three months
- Wants shorter conversations (rather 15min than 45min)
- Urgency! «I have to stop gambling NOW!» ..my future depends on it
- Family (parents) more involved, economy and down payment
- Shame and guilt, dissapointing their closed ones (they will never foregive me)
- More dropouts, rather quickfix than long term planning

I recently visited a school to give a talk about PG, and the students (17 / 18 years old) confirmed what we hear in treatment:

- Social gambling is common among youth, also under 18
- Influencers have triggered gambling behaviour
- How easy it is to loan money
- The talk about big money, not the losses
- Why computer games is to blame

\*social gambling = at a party with friends, online casino on the big screen

# Thank you!

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