

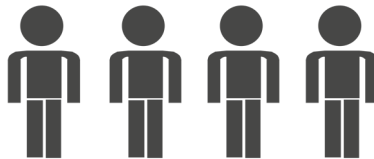
Is Your Gambling Becoming A Gambling Problem?

What is Problem Gambling

Problem Gambling is a pervasive disorder that can result in serious consequences for individuals, families, and communities. A *Gambling Disorder* is a diagnosable condition outlined in the *American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders 5*.

Effects of Problem Gambling

Problem Gambling causes psychological, physical, social or vocational problems and is a progressive addiction characterized by increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, chasing losses and loss of control over gambling despite experiencing negative consequences.



According to the *National Council on Problem Gambling*, approximately **1%** of US adults meet criteria for a Gambling Disorder and another **2-3%** are considered Problem Gamblers.

Ask Yourself

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gambled?

If you answered yes to either of these questions it could indicate that you have a gambling problem.

HELP IS AVAILABLE



Problem Gambling Warning Signs

- ⇒ Playing games to escape worries, frustration or disappointments
- ⇒ Neglecting other responsibilities to concentrate on gaming activities
- ⇒ Increasing the amount of money bet in an effort to recoup losses
- ⇒ Gaming with money designated for necessary expenses, such as groceries or medication
- ⇒ Relying on others to get out of debt
- ⇒ Feeling desperate, depressed or even suicidal because of gambling

