

# MARCH IS PROBLEM GAMBLING

AWARENESS MONTH

HAVE THE CONVERSATION



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HAVE THE CONVERSATION



## ⇒ Signs of Problem Gambling

Argumentative and defensive about gambling behavior

Unexplained absences for long periods of time

Lies to loved ones about gambling behavior

Going without basic needs in order to gamble

Borrowing money to gamble

## ⇒ What is Problem Gambling?

Problem gambling – or gambling addiction – includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. The essential features are 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 manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide. For more information on the American Psychiatric Association’s criteria for gambling addiction, please see the DSM 5 at [www.psych.org](http://www.psych.org).

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Based on information accessed March 1, 2017 from the National Council for Problem Gambling website at [www.ncpgambling.org](http://www.ncpgambling.org)

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⇒ Did you know?

**Over 5 Million** Americans meet criteria for gambling addiction.

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Among those who have gambling problems . . .

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**75%** have had problems with alcohol  
**38%** have had problems with other drugs  
**20%** have attempted or committed suicide

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Have a conversation about problem gambling and help someone in need.

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**There is help and hope for gambling problems. Call 1.800.522.4700.**

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