

Signs of problem gambling



Is someone you know...?

- Preoccupied with gambling (e.g., reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble);
- Secretive about his or her gambling habits, and defensive when confronted;
- Increasing bet amounts when gambling in order to achieve the desired excitement (high);
- Trying unsuccessfully to control, cut back, or stop gambling;
- Restless or irritable when not gambling;
- Gambling to escape problems;
- “Chasing” losses with more gambling;
- Lying to family and others about the extent of gambling;
- Committing crimes to finance gambling;
- Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling;
- Relying on others to bail him or her out to relieve a desperate financial situation caused by gambling;

If any of these statements sound like someone you know, that person may have a problem with gambling.

Help is free, confidential, and it works.

Call 1-877-MYLIMIT or go to 1877mylimit.org