

PROBLEM GAMBLING

“The Hidden Addiction”

WHAT EXACTLY IS GAMBLING?

Gambling is the act of risking money, property, or something else of value on an activity with an uncertain outcome.

PROBLEM GAMBLING occurs when gambling interferes to some degree with usual activities and responsibilities and has some negative consequences.

PATHOLOGICAL GAMBLING is the most severe form of problem gambling and is a professionally recognized mental disorder. Pathological gamblers have severe consequences that include disruption and damage to their personal lives, family, or career and educational pursuits.

Approximately 2.5 million adults in the United States are probable pathological gamblers.

Approximately 3 million adults in the United States are considered probable problem gamblers.

IF IT'S A RISK, THEN WHY GAMBLE?

People gamble for many reasons. Some common reasons are:

Recreational Gambling

To win
It's fun
It's exciting
Peer pressure

Problem Gambling

Low self-esteem
Distraction from problems
Loneliness
Numbs pain

The first step to prevent gambling problems is to educate yourself and be aware of the warning signs. Early intervention and treatment exists for anyone in need of help for a gambling problem.

Problem Gambling Helpline
1-800-346-6238 / 1-800-NO BET

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