

GAMBLING MYTH BUSTERS

Myth

Gambling to the point of negative consequences is primarily a moral problem and therefore not well treated by mental health clinicians

Fact

Pathological gambling is a recognized mental disorder and is treatable with similar approaches as other addictive and impulsivity disorders

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

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➔ **Myth:** You have to gamble every day to be a problem gambler.

➔ **Fact:** A problem gambler may gamble every day or just some days. Binge gambling can have as many serious negative consequences as gambling daily. However, in general, the more often a person gambles, the more likely a gambling problem will develop.

➔ **Myth:** Excessive gambling is not really a problem if the gambler can afford it.

➔ **Fact:** Problems caused by excessive gambling are not just financial. A person's gambling can interfere with the ability to act in a responsible way in family, work or school life. There is no amount of money that can protect against a gambling problem...it is only a matter of time.

➔ **Myth:** Problem gamblers are easy to recognize.

➔ **Fact:** Problem gambling can be hidden. Unlike substance abuse, the signs are not as evident to others. Many problem gamblers do not recognize the signs and symptoms in themselves. As public awareness increases, more problem gamblers and their families will recognize and address the issues earlier.

➔ **Myth:** Problem gamblers are basically irresponsible people.

➔ **Fact:** Problem gamblers behave increasingly irresponsibly as the gambling takes over more areas of their lives. Prior to the beginning of the problem and after recovery, problem gamblers are often as responsible as anyone else.

➔ **Myth:** If the problem gambler stops gambling, important relationships are likely to be restored in a relatively short period of time.

➔ **Fact:** The frequent lies and broken promises during the period(s) of gambling usually take a long time to heal.

If you or someone you care about has problems
resulting from gambling, please call the
PROBLEM GAMBLING HELPLINE

1-800-346-6238
1-800-34 NO BET