Warning Signs of Problem Gambling

1. Preoccupation with gambling, such as constantly planning how to get more gambling money

2. Needing to gamble with increasing amounts of money to get the same thrill

3. Feeling restless or irritable when you try to cut down on gambling

4. Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression

5. Trying to get back lost money by gambling more (chasing losses)

6. Lying to family members or others to hide the extent of your gambling

7. Jeopardizing or losing important relationships, a job, or school/work opportunities due to gambling

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