

PROBLEM GAMBLING

HOW TO SPOT THE SIGNS

Would you know a gambling problem if you saw it in a friend, loved one, coworker, patient or student? It's important to know the signs because 3 percent of the population may have a problem, which puts them and their families at financial and emotional risk. Here are some warning signs:

- Preoccupied with gambling and unable to stop
- Bragging about gambling, exaggerating wins and minimizing losses
- Restless and irritable when not gambling
- Gambling to win back what you've lost
- Borrowing money for gambling
- Lying to hide time spent gambling or unpaid debts
- Frequent unexplained absences
- Losing work time because of gambling
- Doing something illegal to get money for gambling
- Jeopardizing a significant relationship or job by gambling

N A T I O N A L



PROBLEM GAMBLING
Awareness Month

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KEEP IT IN PERSPECTIVE

Problem gambling is not a bad habit or a moral weakness. It is a serious condition, but with treatment, problem gamblers can put the game in perspective and make decisions to improve their lives.

If playing isn't fun anymore, call for help.

National Problem Gambling HelpLine:

Free. Confidential.

24 hours a day.

7 days a week.

