



**PROBLEM GAMBLING  
AWARENESS MONTH**

→ **HAVE THE CONVERSATION**

# Problem Gambling and Mental Health Disorders

## What is problem gambling?

Problem gambling is the result of repeated gambling behavior that leads to adverse affects to the individual and loved ones.

-American Psychiatric Association

**Oftentimes, problem gambling goes hand in hand with other mental health disorders such as:**

- ANXIETY
- DEPRESSION
- SUICIDAL THOUGHTS AND ATTEMPTS

## Problem Gambling Affects EVERYONE

Problem gambling does not just affect the individual who is gambling, but also his or her loved ones. In one study over 90% of those affected by someone else’s gambling behavior reported emotional distress. (Nash et al, 2018)

**Recovery is possible.  
Reach out today.**

## Ask Yourself:

1. During the past 12 months, have I become restless, irritable or anxious when trying to stop/cut down on gambling?
2. During the past 12 months, have I tried to keep my family or friends from knowing how much I gambled?
3. During the past 12 months, did I have such financial trouble, as a result of my gambling, that I had to get help with living expenses from family , friends or welfare?

If you are considering making a change, the

“Your First Step to Change” guide may be helpful.

<http://www.divisiononaddiction.org/wp-content/uploads/2018/02/YFSTC2ndEd.pdf>

If you or someone you care about needs help

Call or Text

**1-877-8-HOPENY**

1-877-846-7369

Text: HOPENY (467369)

*There is hope and help.*

