



PROBLEM GAMBLING  
AWARENESS MONTH

→ HAVE THE CONVERSATION

# Problem Gambling & Mental Health Disorders

\*Provider information\*

Problem gambling often goes hand in hand with other mental health disorders. It is important that all addiction, mental health, and healthcare providers screen for problem gambling. As a hidden addiction, many times gambling disorder goes undetected and untreated leading to millions of people negatively affected by the treatable disease of gambling disorder.

## Problem Gambling Defined

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

-American Psychiatric Association

## The Professional's Role

- Learn more about problem gambling and how it relates to other mental health disorders
- Get to know your local treatment providers and self-help groups
- Listen for possible negative consequences when your clients talk about gambling
- Be concerned and take action when any client mentions suicide or ending his/her life
- Screen every client for problem gambling

## Problem Gambling and Mental Health

Two-thirds of gamblers surveyed reported that their **mental health** suffered as a result of their gambling. (Nash et al, 2018).

In addition to struggling with gambling:

- Over 60% also have a **personality disorder**.
- Over 49% also have a **mood disorder**.
- Over 41% also have an **anxiety disorder**. (Petry et al, 2005)
- Nearly 37% of those experiencing a gambling problem and 50% of those with disordered gambling have had suicidal thoughts. Over 17% of these individuals have attempted suicide. (Moghaddam et al, 2015)

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)

## Resources:

The Cambridge Health Alliance has compiled screening resources and general information in its **Gambling Disorder Screening Toolkit** <http://www.divisiononaddiction.org/gambling-disorder-screening-day-2018-toolkit/>  
NYCPG offers **free webinars and clinical supervision** for NYS providers: <http://nyproblemgambling.org/training/counselors/>

MHANYS operates a **Mental Health Information Center** for all of your mental health information and resource questions:

<https://mhanys.org/explore/links-resources/>



March 13th is  
Gambling Disorder  
Screening Day