

Why is My Loved One Concerned About Me?

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)

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 struggles such as:

- ANXIETY
- DEPRESSION
- SUICIDAL THOUGHTS OR ATTEMPTS

Do I Have A Problem?

- During the past 12 months, have I become restless, irritable or anxious when trying to stop/cut down on gambling?
- During the past 12 months, have I tried to keep my family or friends from knowing how much I gambled?
- 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?

A “yes” may indicate a need for help and support.

Help and Hope

PROBLEM GAMBLING

NEW YORK STATE

RESOURCE CENTERS

— Here to Help —

The PGRCs focus on:

- Connecting people with treatment, recovery and support services.
- Promoting healthy lifestyles that foster freedom from problem gambling.
- Increasing public awareness of problem gambling.

Learn more at
NYProblemGamblingHELP.org



This palm card, and additional materials found in the Family Toolkit, were developed through a partnership between NYCPG and NAMI-NYS. This partnership aims to bring awareness, hope and help to families struggling with problem gambling.