

# PROBLEM GAMBLING: CLOSE CONNECTIONS

PROBLEM GAMBLING  
**NEW YORK STATE**  
RESOURCE CENTERS  
*— Here to Help —*

## *Addiction, Mental Health & Suicide*

Problem Gambling & Gambling Disorder can have a close relationship with other addictions and mental health problems. Sometimes we cannot tease out which problems came first, so looking at the full picture can be helpful to promote mental wellness.

# 4-6M

Approx. 4-6 million Americans have a gambling problem; another 2 million have a gambling disorder.  
(National Council on Problem Gambling)



# 2/3

Two-thirds of gamblers report that their mental health suffered due to their gambling.  
(Nash et al, 2018)



# 1 in 5

One in five (20%) of people with a gambling problem will attempt or die by suicide - the highest of any addiction.  
(Moghaddam et al, 2015)



# 49%

Forty-nine percent of those with a gambling disorder also have a mood disorder.  
(Petry et al, 2005)



*If you are interested in more information about this topic, you can reach out to your Regional Problem Gambling Resource Center (PGRC).*

**Regional PGRC information can be found at**  
**[NYProblemGamblingHELP.org](http://NYProblemGamblingHELP.org)**



# PROBLEM GAMBLING WARNING SIGNS:

- Constant thoughts of gambling
- Borrowing money
- Irritability, restlessness, withdrawal
- Delay payment of bills
- Neglecting household duties
- Decline in personal hygiene
- Decline in health or hygiene
- Alienation from family and friends
- Inability to cut back / stop gambling
- Extreme guilt or shame
- Disappear for long periods of time
- Suicidal thoughts

## Ask Yourself:

*Have you ever felt the need to bet more and more money?*

*Have you ever lied to people who are important to you about how much you're gambling?*



**Scan the QR code or visit  
[NYProblemGamblingHELP.org/e-screener](https://www.nyproblemgamblinghelp.org/e-screener)  
for personalized feedback & info.**

*If you or someone you know are experiencing any of these warning signs, reach out to your local Problem Gambling Resource Center (PGRC) for confidential help and support.*

**Local PGRC contact info can be found at  
[NYProblemGamblingHELP.org](https://www.nyproblemgamblinghelp.org).**