

# WHAT IS GAMBLING?

Gambling can be defined as any activity (e.g. a game of chance or skill) where an item of value is placed at risk in an attempt to gain something of greater value.



## WHO IS AT RISK FOR DEVELOPING A GAMBLING PROBLEM?

Anyone involved in gambling activities has the potential to develop an addiction, however some individuals and groups are more at-risk. Adolescents, college-aged students, veterans, aging adults, non-Hispanic blacks and Latino and Asian communities are just a few of the major groups considered at higher risk than the general population for developing gambling addiction.



## WHAT ARE THE WARNING SIGNS?

Problem gambling is often referred to as the “hidden addiction” because, unlike alcohol or drug abuse, there are rarely outward signs or physical symptoms. Read below for some of the signs when gambling has become – or is starting to become – more than an occasional amusement and turning into an addiction.

- Are you haunted by debt collectors?
- Do you gamble to escape worry, boredom or trouble?
- Do thoughts of gambling disrupt your sleep?
- Do you ever gamble longer than originally planned?
- Do arguments, disappointments or frustrations cause you to gamble?
- Do you celebrate good times with gambling?
- Have you ever had self-destructive thoughts because of problems resulting from gambling?
- Have you lost time from work or school due to gambling?
- Do you use the rent/mortgage or food money for gambling?
- Do you borrow money to finance gambling or pay back gambling debts?
- Do you promise your spouse, partner or other loved one you will stop gambling, yet continue to gamble?
- Have you noticed a personality change since you began gambling?
- Are you away from home or unavailable to family or friends for long periods of time due to gambling?

What to do if you are concerned that gambling may be causing harm to you or someone you know.

For 24/7 support, call the NYS OASAS HOPEline at 1-877-846-7369 or text 467369

Or find your local Problem Gambling Resource Center on our interactive map of New York State

[NYProblemGamblingHelp.org](http://NYProblemGamblingHelp.org)

Our NYS Problem Gambling Resource Centers are here to connect those adversely affected by gambling to services & supports.

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Office of Addiction Services and Supports

[oasas.ny.gov](http://oasas.ny.gov) 877-8-HopeNY



New York Council on Problem Gambling

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