

# PROBLEM GAMBLING

## What is Problem Gambling?

Problem gambling is when gambling causes problems in someone's life. In some cases, gambling becomes an addiction called gambling disorder, which can be treated with counseling.

## PROBLEM GAMBLING

### NORTHEAST

## RESOURCE CENTER

*— Here to Help —*

Problem gambling can cause personal, family and career problems. These problems could be arguments over money and gambling with your loved ones, missed deadlines at work, or feeling depressed or anxious because of your gambling.

*Nearly 668,000 adults in New York State are struggling with a gambling problem. That equals 5% of the adult population. (2006 OASAS Adult Problem Gambling Household Survey)*

# PGRC

## PROBLEM GAMBLING

### Warning Signs

- Gambling to escape or avoid worries, frustration or disappointments.
- Neglecting other responsibilities to concentrate on gambling activities.
- Increasing the amount of money bet in an effort to win back losses.
- Gambling with money needed for necessary expenses, such as groceries or medication.
- Relying on others to get out of debt.
- Feeling desperate, depressed or even suicidal because of gambling.

### Ask Yourself

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gambled?

*If you or a loved one is struggling with gambling, help is available.  
Reach out for help, today!*

## Northeast

**Problem Gambling Resource Center**

NortheastPGRC@NYProblemGambling.org

**(518) 801-1491**

NYProblemGamblingHELP.org