

FAST FACTS ABOUT GAMBLING DISORDER



PROBLEM GAMBLING AWARENESS MONTH
→ AWARENESS+ACTION

- Gambling addiction can be treated, but it is important to recognize it in yourself or others!



DID YOU KNOW?

A gambling addiction is defined as the uncontrollable urge to keep gambling despite the toll it takes on your life.



Gambling can stimulate the brain's reward system much like drugs and alcohol can, leading to addiction.

THE STATISTICS



48
STATES HAVE
SOME FORM
OF LEGALIZED
GAMBLING

**OVER
5 MILLION
AMERICANS
MEET CRITERIA
FOR GAMBLING
ADDICTION**



SIGNS AND IMPACTS



DEPRESSION/SUICIDE



BROKEN RELATIONSHIPS



LOST EMPLOYMENT

- Borrowing money to gamble
- Lying to loved ones about gambling
- Unexplained periods of absence from work, home, or school
- Forgoing basic needs in order to gamble
- Defensive attitude when discussing gambling behavior

HealthStreet
RESEARCH HELPING PEOPLE



MYHEALTHSTREET.ORG
352.294.4880

PHASES OF ADDICTION



WINNING PHASE



LOSING PHASE



DESPERATE PHASE

CALL OR TEXT



NATIONAL PROBLEM GAMBLING HOTLINE

1.800.522.4700

AFTER, TALK TO...

- FAMILY
- FRIENDS
- DOCTOR
- THERAPIST
- CO-WORKERS
- ...SOMEONE YOU TRUST

FOR MORE INFORMATION, VISIT
WWW.NCPGAMBLING.ORG