


SIGNS & SYMPTOMS OF PROBLEM GAMBLING



Symptoms/Effects of Problem Gambling

- Preoccupation with gambling
- Need to have more money more frequently
- Spending more money than can be afforded (ex: using credit cards, cashing in savings accounts, etc.)
- Gambling for longer and longer periods of time
- Using gambling to escape daily pressures and obligations
- Being secretive about gambling habits and defensive when confronted
- Lying about extent of gambling
- Neglecting responsibilities to gamble
- Inability to cut back or stop gambling despite negative consequences
- "Chasing" losses with more gambling
- Absence from work, school or other important social activities due to gambling
- Relying on others to bail them out of a desperate financial situation caused by gambling
- Cheating or stealing to get the money to gamble or pay debts
- Committing crimes to keep gambling



What to Look For

- Withdrawing from the family
- Mood swings
- Sudden outburst of anger
- Seems far away, anxious or has difficulty paying attention
- Complains of boredom or restlessness
- Headaches, stomach or bowel problems
- Difficulty sleeping
- Overeating or loss of appetite



Withdrawal Symptom

- Irritability
- Restlessness
- Anxiety

Problem Gambling can result in:

- Financial ruin
- Damaged relationships
- Thoughts of suicide
- Legal problems
- Loss of career