

# Gambling and the Family



Problem gambling is not just an individual problem, but it can disrupt entire families. Help is available and recovery is possible for families who are dealing with a gambling addiction.

## **Warning signs there may be a problem:**

- Preoccupation with gambling
- Unexplained debt or other financial problems
- Unaccounted for mood changes
- Isolation and withdrawal from family and friends
- Secrecy about bills, bank statements and other financial data
- Missing personal items such as phones, jewelry, or other valuables
- Borrowing of money from family, friends, or employers

**If any of the statements sound like someone you know, *we can help!***

**MARYLAND HELPLINE 1-800-GAMBLER  
IT'S FREE AND CONFIDENTIAL 24/7**



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

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**Have the conversation with your family today about the risks of problem gambling.**

## **Effects on the family:**

- Erosion of financial security
- Decreased trust
- Increased isolation
- Increased stress, anxiety and depression
- Increased tension and conflict
- Disruption of closeness and intimacy

## **You can help your family:**

- Learn about gambling addiction, help and recovery.
- Begin an open conversation with the entire family about gambling as entertainment vs. the negative impacts of problem gambling.
- If you suspect someone in your family is gambling excessively, speak to them one-on-one in a calm and non-judgmental manner.
- Don't blame yourself or other members of the family. It's no one's fault.
- Know where your money is and develop a plan to protect the family's finances.
- Learn to say "no" when asked for money.
- Seek support for the whole family from professional counselors and other support groups (Gam-Anon).
- Remember, help is available and recovery is possible.

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