The Maryland Center of Excellence on
PROBLEM GAMBLING



Gambling and the Family

Problem gambling is not just an individual problem, but 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, other valuables
- Borrowing of money from family friends or employer.

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

Call 1-800-GAMBLER

IT'S FREE AND CONFIDENTIAL 24/7.

Have the conversation with your family today about the risks of 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 and negative impacts of gambling on the family.
- 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.**



HELPLINE IS FREE & CONFIDENTIAL 24/7

1-800-GAMBLER

VISIT US ONLINE AT:

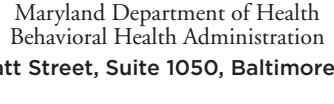
HelpMyGamblingProblem.org



TEXT US:
1-800-426-2537



CHAT WITH US:
HelpMyGamblingProblem.org



The Maryland Center *of* Excellence *on* Problem Gambling

FUNDED BY:
Maryland Department of Health
Behavioral Health Administration

250 W. Pratt Street, Suite 1050, Baltimore, MD 21201