

Gambling and Re-Entry



Gambling is a very common activity in and outside correctional settings. It can be a way of having fun, relieving boredom and a form of recreation and entertainment. But for some, it can get out of control and result in problems such as debt, isolation, violence and re-incarceration. In a research review, Dr. Robert Williams found that 40% of the prison population gambled, and 33% met the criteria for gambling addiction.

How to Keep the Problem Out of Gambling:

- Gamble for entertainment, not as a way to make money or solve problems.
- Learn how to manage money and budget for necessities as well as enjoyment.
- Set limits on the amount of money and time spent on gambling.
- Develop ways to have fun and enjoy life that support your health, well-being and freedom.
- Be honest with yourself and others about the role of gambling in your life. Is it helpful or harmful?

Warning Signs:

- Preoccupation with gambling
- Gambling as a way to make money or deal with unemployment
- Spending money needed for rent or to pay other bills on gambling
- Isolation and withdrawal from family and friends
- Getting into trouble because of gambling debts
- Gambling as a way to cope with stress, sadness, loneliness or other difficult feelings
- Getting bailouts to pay off gambling debts



The Maryland Center of Excellence
on Problem Gambling

Whether you want to be able to control, cut back, stop or just talk about your gambling...

Call or Text 1-800-GAMBLER

IT'S FREE AND CONFIDENTIAL 24/7

www.helpmygamblingproblem.org