



The Maryland Center of Excellence on **PROBLEM GAMBLING**

Signs of a Gambling Problem

Is someone you know...



- Preoccupied with gambling
(i.e. reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble)
- Secretive about his/her gambling habits, and defensive when confronted
- Increasing bet amounts when gambling in order to achieve the desired excitement (“high”)
- Trying unsuccessfully to control, cut back, or stop gambling
- Restless or irritable when not gambling
- Gambling to escape problems
- Trying to win back losses by more gambling
- Lying to family and others about the extent of gambling
- Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling
- Relying on others to bail him or her out to relieve a desperate financial situation caused by gambling

If any of these statements sound like someone you know, that person may have a problem with gambling.

Call 1-800-GAMBLER
IT'S FREE AND CONFIDENTIAL 24/7.

[gam-bling] DEFINITION

noun

1. any activity or game where you risk something of value or money on an outcome that is not guaranteed.

Gambling can be fun. But for some, gambling can get out of control and result in financial problems, legal issues, family/relationship conflict and even suicide attempts.

Low Risk Gambling is Done:

- As a form of recreation, not to make money or make up for previous losses
- With limits on time, frequency and duration
- In a social setting with others, not alone
- With money you can afford to lose

High Risk Gambling — Situations When You Are:

- Coping with grief, loneliness, anger or depression
- Under financial pressure and stress
- Recovering from mental health or substance use disorders
- Using alcohol or other drugs
- Under the legal age to gamble

We can help.



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**



**UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE**

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on Problem Gambling*

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