

Did You Know...

Nearly 10% of US Veterans struggle with disordered gambling, a rate two-three times higher than the general population.

Gambling out of control can result in financial problems, legal issues, family/relationship conflict and even suicide attempts.

Gambling can be fun. But for some gambling can get out of control.

Warning Signs:

- Frequent gambling
- Increasing amount gambled
- Neglecting work and family
- Preoccupation with gambling and money
- Borrowing money
- Mood swings
- Isolation, withdrawal, secretive behavior
- Gambling to win back losses
- Dishonesty or lying

Key research findings in Maryland *(limited sample size - Levy, 2014)*

- 29% of veterans screened indicated a probable gambling disorder.
- 22% of veterans met criteria for disordered gambling.
- Those most likely to meet criteria for disordered gambling:
 - African American veterans
 - Veterans earning less than \$25,000
- Veteran disordered gamblers were more likely to be younger, homeless, and/or hazardous drinkers.

Seize control of your life today!

If you or someone you know is struggling with problems due to gambling behaviors, call, text or chat TODAY!

1-800-GAMBLER – [MILITARYGAMBLESAFE.ORG](https://militarygamblesafe.org)



The Maryland Center of Excellence
on Problem Gambling