

Women and Gambling



A research study (*Tracy et al., 2017*) showed 87% of Maryland women have gambled in their lifetime
~ 14% of Maryland women are currently frequent gamblers.

Why Women Gamble

Excitement going to a casino can be glamorous, and a social activity.

Escape stress of daily life, depression, and anxiety.

Dysfunctional Relationships coping with abuse, violence, and trauma.



IF YOU GAMBLE, PLAY IT SAFE!

- Set limits on time and money.
- Play for fun & entertainment, not to make money.
- Balance gambling with other leisure activities.
- Do not borrow money to gamble.
- Pay basic needs first (food, rent).
- Do not gamble when sad, anxious or drinking alcohol.

1-800-GAMBLER - helpmygamblingproblem.org



The Maryland Center of Excellence
on Problem Gambling

If gambling behaviors worry you,
call, text or chat **TODAY!**