



# 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

The Maryland Center of Excellence  
on Problem Gambling

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