



Suicide and Gambling



Did you know that nearly 50% of people struggling with problems due to gambling/gambling addiction have had thoughts of suicide?

Risk factors and warning signs include, but are not limited to:

- Loss – financial, self-esteem, valuable relationships
- Coping with mental health and/or substance abuse issues
- Being a burden to others
- Feeling trapped
- Unbearable pain
- Isolation and loneliness
- Feeling of hopelessness and helplessness

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

You can get control of your life back – We can help!

1-800-GAMBLER - helpmygamblingproblem.org



The Maryland Center of Excellence
on Problem Gambling