

STEPS TO CUT DOWN:

- 1 Limit the amount of money available when you gamble
- 2 Cut down the amount of days and time you spend gambling
- 3 Do not think of gambling as a way to make money
- 4 List activities you enjoyed before you started gambling
- 5 Plan out and include the enjoyable activities in your life
- 6 Ask for help



MORE INFORMATION CAN BE FOUND AT:

Problem Gambling Confidential Helpline
1.800.522.4700

Gamblers Anonymous
1.888.GA.HELPS
www.gamblersanonymous.org

Veterans Crisis Line
1.800.273.8255 Press 1 or text to 838255.

Gam-Anon
1.718.352.1671 | www.gam-anon.org

VA Resources for Problem Gambling
Ask a VA clinician about “The Safest Bet: A Guide to Understanding Problem Gambling for Veterans and Clinicians” available through the South Central MIRECC.

Smartphone Users:
Scan this QR code to be directly taken to the National Council on Problem Gambling website <https://www.ncpgambling.org/>



References
American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

Lesieur, H. R., & Blume, S. B. (1987). The South Oaks Gambling Screen (SOGS): A new instrument for the identification of pathological gamblers. *The American Journal of Psychiatry*, 144(9), 1184-1188. <https://doi.org/10.1176/ajp.144.9.1184>

PROBLEM GAMBLING



STEPS TO CUT DOWN



WHAT IS PROBLEM GAMBLING?

When gambling interferes with personal, family, or work goals, it is likely that problem gambling exists.

Up to 5% of people may have a gambling problem. Among Veterans, these rates are even higher. In fact, up to 34% of Veterans may have problems caused by gambling behaviors.

Problem gamblers often gamble with money that they don't really have. This money may be needed for rent and other bills or borrowed from family or loan sharks.



Unfortunately, less than 13% of people with problem gambling ever receive treatment. For many of these people, they are unsure about whether their gambling is really a problem or where to seek help.

HOW IS PROBLEM GAMBLING DIAGNOSED?

(Adapted from diagnostic and statistical manual - 5)

1. Gambling with higher amounts of money to achieve the same level of excitement.
2. Irritability when trying to cut down or stop gambling.
3. Repeated unsuccessful efforts to cut down gambling.
4. Often thinking about gambling.
5. Often gambling when feeling distressed (sad, lonely, depressed, angry, anxious).
6. Often returning after losing to get even.
7. Lying or hiding about gambling.
8. Putting something important (job, relationship) at risk is needed

(As indicated by four (or more) of these criteria in a 12-month period)

DO I HAVE A GAMBLING PROBLEM?

(Adapted from south oaks gambling screen)

1. Have you ever claimed to be winning money gambling but really weren't?
 NO YES
 2. Do you feel you have a problem with gambling?
 NO YES
 3. Do you ever gamble more than you intended?
 NO YES
 4. Do you ever feel guilty about how you gamble or what happens when you gamble?
 NO YES
 5. Have you borrowed money to gamble or paid gambling debts from money meant for bills, rent, etc.?
 NO YES
- Other Relatives? NO YES
Loan Sharks? NO YES

Now give yourself 1 point for each "Yes."

A score of 2 or more may be a sign that action is needed.