Steps to begin taking:

1. Limit the amount of money available to you when you gamble
2. Cut down the amount of time and days you spend gambling
3. Do not view gambling as a way to make money or increase the amount of money that you have
4. Think about activities you enjoyed before you started gambling
5. Begin spending more time doing the other activities that you used to enjoy
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

Gam-Anon
1-718-352-1671
www.gam-anon.org

Problem Gambling:
Assessing for & making plans for reduction

Smartphone Users: Scan this code and be taken directly to the National Council on Problem Gambling website

Supported by:
South Central MIRECC
Mental Illness Research, Education & Clinical Center
## What is Problem Gambling?

When one’s gambling is ongoing and begins to disrupt personal, family, or work-related goals, it is likely that problem gambling exists.

Up to 5% of people can be classified as problem gamblers. Among Veterans, these rates are often much higher. In fact, up to 34% of Veterans may have problems related to their gambling behaviors.

Problem gamblers often spend money on gambling 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 treatment would be available.

## How is Problem Gambling Diagnosed?

1. Gamble with higher amounts of money to achieve same excitement
2. Are irritable when attempting to cut down or stop their gambling
3. Have repeated unsuccessful efforts to cut down their gambling
4. Often are thinking about gambling
5. Gamble often when feeling distressed (sad, lonely, depressed, angry, anxious)
6. Often return after losing to get even
7. Lie or hide their level of gambling
8. Have put at risk something important (job, relationship) because of gambling
9. Rely on others for money because of money problems from gambling

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

## Do I Have A Gambling Problem?

1. Have you ever claimed to be winning money gambling but weren’t really?  
   ___ No   ___ Yes
2. Do you feel you have a problem with gambling?  ___ No   ___ Yes
3. Did you ever gamble more than you intended?  ___ No   ___ Yes
4. Have you ever felt 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” you put an X next to.

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