

National Problem Gambling Awareness

March 2020

What is problem gambling?

According to the Mayo Clinic, compulsive gambling is the uncontrollable urge to keep gambling despite the toll it takes on your life. Compulsive gambling is a serious condition that can destroy lives. Although treating compulsive gambling can be challenging, many people who struggle with compulsive gambling have found help through professional treatment.

Signs & Symptoms of Compulsive Gambling Include:

- ✓ Being preoccupied with gambling, such as constantly planning how to get more gambling money.
- ✓ Needing to gamble with increasing amounts of money to get the same thrill.
- ✓ Trying to control, cut back or stop gambling, without success.
- ✓ Feeling restless or irritable when you try to cut down on gambling.
- ✓ Trying to get back lost money by gambling more (chasing losses).
- ✓ Lying to family members or others to hide the extent of your gambling.
- ✓ Jeopardizing or losing important relationships, a job, or school opportunities because of gambling.
- ✓ Resorting to theft or fraud to get gambling money.
- ✓ Asking others to bail you out of financial trouble because you gambled money away.

Source: <https://www.mayoclinic.org/diseases-conditions/compulsive-gambling/symptoms-causes/syc-20355178?p=1>

The Ohio Lottery offers these suggestions for responsible gambling:

- **NEVER gamble with borrowed money.**
- **Work out your weekly or monthly recreation spending budget and don't go over it.**
- **Only spend what you can afford to lose when playing.**

If family members, friends or co-workers have expressed concern about your gambling, listen to them and seek help. You can begin by calling and speaking confidentially to one of our professional counselors.

**Problem
Gambling Helpline
1-800-522-4700**

**StressCare Behavioral Health, Inc.
Your Employee Assistance Program**

419-531-3500