

Problem gambling can lead to a serious addiction. It's a downward spiral that can quickly become a problem before you know it.

Pay attention and know your limits. If gambling starts to feel out of hand for you or a friend, know that confidential help is available.



For accessible formats of this publication or assistance with additional equal access to human services, write to dhs.problemgamblingprogram@state.mn.us, call 651-431-2460, or use your preferred relay service.

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Friends & Work & College & Gambling & You.

One in ten young people may be struggling with a gambling problem.


Do you know one?

GetGamblingHelp.org

1-800-333-HOPE

or text HOPE to 61222

Minnesota Department of **Human Services**



Whether you are concerned for a friend or yourself, always remember that gambling does not define you. You matter, and there are tools in place to help you reduce the risk of developing a gambling problem. Don't be afraid to reach out before things start to add up.

Pay attention, know your limits

Poker, scratch-offs, pull-tabs, lottery, sports brackets – gambling can add up quickly, both as a habit and in your finances. It can actually even lead to a gambling addiction similar to alcohol or drugs.

If you or your friends do gamble, look out for each other. Here's some warning signs to help:

- Increased or obsessive frequency of gambling
- Continual increases of bets gambled
- Preoccupation with money or quick wins
- Withdrawal from friends, family, work or class
- Requests to borrow money, comments about debt
- Chasing losses or holding on to stories of wins
- Dishonesty of time spent, isolative behavior

The following three-question survey provides insight into whether or not gambling habits have maybe moved from recreational to something more problematic.

In the past year:

1. Have you become restless, irritable or anxious when trying to cut down on gambling?
2. Have you tried to keep family or friends from knowing how much you gambled?
3. Have you had any financial trouble as a result of your gambling that you had to get help with living expenses from family, friends, or welfare?¹

If you, or you feel a friend, would answer yes to any of the above questions, it may be helpful to talk with someone and understand what helpful resources are available to you.

¹Brief Biosocial Gambling Screen (BBGS)
(Gebauer, LaBrie, & Shaffer, 2010)

What help is available?

If you see something, don't be afraid to say something. And if you don't know what to say, are concerned about a friend, or have further questions, help is available any time.

Visit GetGamblingHelp.com for information on:

- Starting the conversation
- Further places to find help
- Success stories
- Programs and support available

Follow Problem Gambling Support on Facebook for:

- Updates and information on Minnesota's program
- Positive encouragement and tips
- News and studies on gambling, substance use disorder and mental health

Visit: GetGamblingHelp.com

More Information: nojudgement.com

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