

# THERE IS HELP FOR GAMBLING PROBLEMS



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

Problem gambling isn't new, and it affects more people than you'd think.

If you care about someone with a gambling problem, chances are you already know about the frustration and pain. Problem gambling can lead to a serious addiction. It's a downward spiral that can quickly become a problem before you know it. If you want to make a difference, help your loved ones find support for problem gambling. If gambling seems out of hand, know that confidential help is available. Is it a gambling problem? Start the conversation.

“ I felt trapped in a cycle of gambling. I didn't know how to stop. When I finally reached out, things got better. ”

– Kelly

## HELP IS AVAILABLE

The Helpline is a free, confidential information and referral resource.

Visit [GetGamblingHelp.com](http://GetGamblingHelp.com)  
call 1-(800)333-HOPE  
or text HOPE to 61222

## THE WARNING SIGNS

- Increased frequency of gambling activity
- Increased amount of money gambled
- Spending an excessive amount of time gambling at the expense of work or family time
- Being preoccupied with gambling or obtaining money with which to gamble
- Gambling continues despite negative consequences such as financial problems, absence from work or family problems
- Using gambling as a means to cope with loneliness, anger, stress or depression
- Borrowing money to gamble, taking out secret loans, cashing in or borrowing on life insurance policies, maxing out credit cards
- Bragging about wins, but not talking about losses
- Frequent mood swings – higher when winning, lower when losing
- Gambling for longer periods of time than originally planned
- Secretive behavior such as hiding lottery tickets and betting slips or having bills sent to work or another address

## IS SOMEONE YOU CARE ABOUT STRUGGLING WITH UNHEALTHY GAMBLING HABITS?

The following list of 20 questions may help determine whether they have a gambling problem.

- 1. Does this person ever lose time from work due to gambling?
- 2. Has gambling ever made home life unhappy?
- 3. Did gambling affect his or her reputation?
- 4. Has this person ever demonstrated remorse after gambling?
- 5. Did he or she ever gamble to get money to pay debts or otherwise solve financial difficulties?
- 6. Did gambling cause a decrease in this person's ambition or efficiency?
- 7. After losing, did he or she want to return as soon as possible to win back losses?
- 8. After a win, did he or she have a strong urge to return and win more?
- 9. Has this person often gambled until his or her last dollar was gone?
- 10. Has this person ever borrowed money to finance gambling?
- 11. Has he or she ever sold anything to finance gambling?
- 12. Was this person reluctant to use "gambling money" for normal expenditures?
- 13. Did gambling make this person careless of his or her personal or family's welfare?
- 14. Has this person ever gambled longer than planned?
- 15. Does this person ever gamble to escape worry or trouble?
- 16. Has he or she ever committed, or considered committing, an illegal act to finance gambling?
- 17. Did gambling cause difficulty sleeping?
- 18. Do arguments, disappointments or frustrations create within an urge to gamble for this person?
- 19. Does this person celebrate good fortune by a few hours of gambling?
- 20. Has this person ever considered self-destruction as a result of gambling?

Used with permission from Gam-Anon International Service Office, Whitestone, N.Y.

If at least seven of the above statements seem to describe your loved one, there may be a gambling issue. Call the Problem Gambling Helpline at **1-800-333-HOPE**, text **HOPE to 61222** or visit our website **www.getgamblinghelp.com**. Get help for yourself or for your family, support and resources are available.



“Our family suffered for way too long. Using the resources that were available enabled us to get better.”

— Anonymous Helpline caller



**YOU FAMILY IS NOT ALONE.  
HELP IS AVAILABLE.**

Several trusted resources are available for those who might be dealing with a gambling problem,

**call 1-(800)333-HOPE  
or text HOPE to 61222**

for a confidential way to receive information and referral to services. Visit our website at [www.getgamblinghelp.com](http://www.getgamblinghelp.com) for or [www.nojudgement.com](http://www.nojudgement.com) for more information.

“In time, you'll find you can laugh again. And life becomes incredibly better.”

— Anonymous Helpline caller