

WOMEN & GAMBLING

RECREATION OR RISK?



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Gambling is a popular form of entertainment in Minnesota. Many women enjoy gambling as a form of fun and recreation. But problem gambling can lead to a serious addiction. It's a downward spiral that can quickly become a problem before you know it. Problem gambling typically leads to perpetual losses and personal troubles. It not only poses grave financial problems, it often ends marriages and friendships, leaving the gambler isolated, with seemingly nowhere to turn.

DID YOU KNOW?

75 percent of US adults have gambled at least once in the last year, 15 percent at least weekly.

In the 45 to 64 age group, the number of women struggling with a gambling problem now out-numbers the number of men.

A major depressive disorder is likely to occur in 76 percent of those with a gambling disorder. One in five people with gambling problems attempt suicide – nearly twice the rate of any other addiction.

According to some studies, women with suicidal thoughts are more likely to attempt suicide than men.

As access to money becomes more limited, individuals with a gambling problem often resort to crime in order to pay debts, appease bookies, maintain appearances and garner more money to gamble.

Children of those with a gambling disorder have been shown to have higher levels of use for tobacco, alcohol, drug use and overeating than do their classroom peers.

KEEPING IT RECREATIONAL

For women who choose to gamble recreationally, pay attention and know your limits.

- Over time, nearly everyone who gambles loses. The benefit of gambling is almost always recreational and rarely offers a true financial gain.
- Most often, recreational gambling includes other social activities shared with family, friends or colleagues. Always gamble with others and not alone.
- Only reasonable amounts of time should be spent gambling for recreational purposes. Set limits on how often and how long you'll gamble.
- Recreational gambling means setting predetermined limits for acceptable losses. Stick to spending only those dollars set aside for entertainment.

Being mindful of these basic principles can substantially reduce your risk of developing a gambling problem. If gambling starts to feel out of hand for you or a friend, know that confidential help is available.



AREAS OF RISK

While both men and women are attracted to gambling for its excitement, female gamblers differ significantly from male gamblers in several ways.

- The progression of a gambling problem is much faster in women than it is in men. In addition, women tend to start gambling significantly later in life.
- Women tend to gamble to escape and cope with stressful or unsatisfying lives.
- Women seeking to fill large spans of time could find themselves drawn to gambling as a social outlet.
- Some women may be tempted to view gambling as a quick way to gain extra money for their families.

SIGNS OF A POTENTIAL GAMBLING PROBLEM

- Frequent gambling
- Wagering increased amounts of money
- Spending longer periods of time gambling
- Gambling despite negative consequences, such as large losses, leaving children alone or other family problems
- Using gambling to cope with loneliness, anxiety or depression

“The only thing my wife cares about is gambling, not her family, her job or anything else.”

TREATMENT

Seeking professional help can be highly effective in overcoming problem gambling, and often provides an immediate sense of relief to those who want to address their concerns. Treatment consists of either outpatient counseling sessions with a trained counselor, or receiving help in a residential treatment facility.

Do you have a gambling problem? The only person who can make that decision is you. But the following list of 20 questions may help you determine whether or not you have a problem.

- | | |
|---|---|
| <input type="checkbox"/> 1. Did you ever lose time from work due to gambling? | <input type="checkbox"/> 12. Were you reluctant to use “gambling money” for normal expenditures? |
| <input type="checkbox"/> 2. Has gambling ever made your home life unhappy? | <input type="checkbox"/> 13. Did gambling make you careless of the welfare of yourself and your family? |
| <input type="checkbox"/> 3. Did gambling affect your reputation? | <input type="checkbox"/> 14. Did you ever gamble longer than you had planned? |
| <input type="checkbox"/> 4. Have you ever felt remorse after gambling? | <input type="checkbox"/> 15. Have you ever gambled to escape worry or trouble? |
| <input type="checkbox"/> 5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties? | <input type="checkbox"/> 16. Have you ever committed, or considered committing, an illegal act to finance gambling? |
| <input type="checkbox"/> 6. Did gambling cause a decrease in your ambition or efficiency? | <input type="checkbox"/> 17. Did gambling cause you to have difficulty sleeping? |
| <input type="checkbox"/> 7. After losing did you feel you must return as soon as possible and win back your losses? | <input type="checkbox"/> 18. Do arguments, disappointments or frustrations create within you an urge to gamble? |
| <input type="checkbox"/> 8. After a win, did you have a strong urge to return and win more? | <input type="checkbox"/> 19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling? |
| <input type="checkbox"/> 9. Did you often gamble until your last dollar was gone? | <input type="checkbox"/> 20. Have you ever considered self-destruction as a result of your gambling? |
| <input type="checkbox"/> 10. Did you ever borrow to finance gambling? | |
| <input type="checkbox"/> 11. Have you ever sold anything to finance gambling? | |

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Most with a gambling problem will answer “yes” to at least seven of these questions. If you did, call the Problem Gambling Helpline at **1-800-333-HOPE**. For help now, visit our website **www.GetGamblingHelp.com**. For more information, visit **www.NoJudgment.com**. You can get help in recovering a life of health and happiness. Resources are available so everyone can afford treatment.

FINDING HELP

If you, or someone you care about, is struggling with a gambling problem, help is available – at no cost for qualified individuals in Minnesota. Get confidential help now.

Call 1-(800)333-HOPE
or text HOPE to 61222

For more information:

Visit GetGamblingHelp.com
or NoJudgment.com

