

GAMBLING ISN'T WHAT IT USED TO BE

Gambling is more accessible than ever before. Gaming destinations are advertised as inviting places to spend time with friends. Like everyone, seniors need to understand the risks involved with gambling. 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.

The good news?
There's hope and there's help.

GAMBLING CAN AFFECT ANYONE

Gambling may be considered a recreational activity, but it can also lead to a serious addiction. It's a downward spiral that can quickly become a problem before you know it. Even with a lifetime of knowledge and experience on their side, older adults can easily find themselves battling a gambling disorder. For those relying on fixed incomes or retirement savings, the outcome can be devastating.

With the help of those around them, seniors can participate in healthy recreational activities.

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.

**OLDER MINNESOTANS
AND GAMBLING:
FUN. GAMES. AND RISK.**



SIGNS OF A GAMBLING PROBLEM

- Increased amounts of money gambled
- Neglecting family and friends
- Preoccupation with gambling and money
- Borrowing money
- Mood swings
- Isolation, withdrawal and secretive behavior
- Chasing losses
- Dishonesty or lying

IT TAKES MORE THAN WILLPOWER. START THE CONVERSATION

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

“My mother no longer has time for her grandchildren because she gambles so much.”

— Helpline caller concerned about her 71-year-old mother

TIPS FOR GAMBLING WISELY

- Avoid gambling alone – recreational gambling is usually done with others.
- Set limits on how often and for how long you gamble. Regularly exceeding your own boundaries is a sign of trouble.
- Set limits on how much money you will gamble. Gambling money should be budgeted like other entertainment expenses.
- Expect the benefit of gambling to be recreation, as it rarely results in financial gain.

“We’ve been retired two years and I just found out my husband has gambled away all our retirement savings.”

— 68-year-old Helpline caller

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

— Anonymous Helpline caller

HELP IS AVAILABLE

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

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For more information:

Visit [GetGamblingHelp.com](https://www.getgamblinghelp.com)
or [NoJudgement.com](https://www.nojudgement.com)

