PROBLEM GAMBLING AWARENESS MONTH

PROBLEM GAMBLING FACT SHEET

Whether you're looking for support for yourself or someone you care about, this fact sheet explains what problem gambling is, how it can affect individuals and families, and where you can turn for support.

What Is Problem Gambling?

Problem gambling — also known as gambling disorder — is any gambling behavior that can harm a person's wellbeing, relationships, or financial stability. Anyone who gambles can be affected. Gambling disorder is a recognized mental health condition, and increased awareness helps reduce stigma and encourage people to seek help earlier.

5-8 Million

U.S. adults are considered to have mild or moderate gambling problems.

2.5 Million

U.S. adults are estimated to meet the criteria for a severe gambling problem in a given year.

$14 Billion

Estimated annual social cost of problem gambling.

Warning Signs of a Gambling Problem

- Constantly thinking about gambling
- Feeling the need to bet more money and more often.
- Trying to win back losses (aka "chasing losses")
- Feeling anxious, restless, or irritable when trying to stop or cut down
- Continuing to gamble despite negative consequences

In its most serious forms, problem gambling can contribute to financial strain, legal challenges, job loss, family conflict, and even thoughts of suicide.

For Help with a Gambling Problem Contact the National Problem Gambling Helpline™

Call: 1-800-522-4700 **Text:** 800GAM **CHAT:** NCPGambling.org/chat