

YOU MAY NOT HEAR ABOUT PROBLEM GAMBLING VERY OFTEN, BUT CHANCES ARE YOU KNOW SOMEONE WHO IS AFFECTED BY IT.



WHAT SHOULD I DO?

Visit: mass.gov/ProblemGambling for more information about problem gambling

To speak with a trained Problem Gambling Specialist please call: 800-327-5050

Find a recovery center near you: gamblinghelpline.ma.org

For information regarding voluntary self-exclusion from casinos visit: massgaming.com/about/voluntary-self-exclusion/



A message from the Massachusetts Department of Public Health



LET'S GET REAL ABOUT GAMBLING

WHAT IS PROBLEM GAMBLING?

For many people, gambling – including scratch tickets, sports gambling, slot machines, and casinos – is a hobby or a pastime. For others though, gambling is a serious problem that gets in the way of the life they want to lead.

Gambling can make you feel depressed, angry, or desperate. It can hurt your family, get you in legal trouble, and set you and your loved ones back financially. It can even lead to losing your job or your home. In many ways, a gambling problem can have as big an impact on your life as an alcohol or substance use problem.

Though problem gambling can be an issue for anyone, some groups are at higher risk than others, including men with a history of substance use, teens, and older adults. Some of us should avoid gambling altogether; for others, caution is key. Whether you or a loved one are particularly at risk, you will find resources and support at: mass.gov/ProblemGambling

“ ALL I HAVE TO SAY IS: ADDICTION IS ADDICTION. YOU CAN BE AS ADDICTED TO GAMBLING AS YOU ARE TO DRUGS. ”

- Frank,
in recovery



WARNING SIGNS OF PROBLEM GAMBLING

Ask yourself if you or a loved one has...

- Felt the need to gamble with increasing amounts of money in order to get that same level of excitement?
- Felt restless or irritable when attempting to cut down or stop gambling?
- Made repeated unsuccessful efforts to control, cut back, or stop gambling?
- Often felt preoccupied with gambling (such as having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble)?
- Often gambled when feeling distressed (such as feeling helpless, guilty, anxious, or depressed)?
- After losing money gambling, often returned another day to get even (“chasing” your losses)?
- Often lied to conceal the extent of your involvement with gambling?
- Jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling?
- Had to rely on others to provide money to relieve desperate financial situations caused by gambling?

If you answered “yes” to one or more questions, then you might want to take a closer look at your gambling, or talk to your loved one about their gambling. Check out the resources at mass.gov/ProblemGambling to learn more or to find support. To speak with a trained Problem Gambling Specialist please call: **800-327-5050**.



83,000+

Number of adult residents who are problem gamblers.

390,000+

Number of adult residents who are at-risk gamblers.

Volberg, R. A., Williams, R. J., Stanek, E. J., Houpt, K. A., Zorn, M., Rodriguez-Monguio, R. (2017). Gambling and Problem Gambling in Massachusetts: Results of a Baseline Population Survey. Amherst, MA: School of Public Health and Health Sciences, University of Massachusetts Amherst.