

# 2.0%

Percentage of Massachusetts adults who are problem gamblers

# 83,000+

Number of adult residents who are problem gamblers, based on the percentage above

# 8.4%

Additional percentage of Massachusetts adults who are at-risk gamblers

# 390,000+

Number of adult residents who are at-risk gamblers, based on the percentage above

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.

## WHAT SHOULD I DO?

**Visit:** [Mass.gov/ProblemGambling](https://www.mass.gov/ProblemGambling) for more information about problem gambling

**Call the Problem Gambling Helpline:**  
800-327-5050

**For problem gambling resources:**

[Mass.gov/guides/think-you-might-have-a-gambling-problem](https://www.mass.gov/guides/think-you-might-have-a-gambling-problem)

**For information regarding voluntary self-exclusion from casinos visit:**  
[massgaming.com/about/voluntary-self-exclusion/](https://www.massgaming.com/about/voluntary-self-exclusion/)

“GAMBLING IS JUST ANOTHER FORM OF ADDICTION THAT STIMULATES THE BRAIN AS A REWARD.”

– Member of the recovery community

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## PROTECT YOURSELF AND YOUR LOVED ONES FROM PROBLEM GAMBLING.

**DRUGS. ALCOHOL. GAMBLING.**  
Different stories. Same problem.



A message from the  
Massachusetts Department  
of Public Health

## 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.

What's more, research shows that if you are already dealing with an alcohol or substance use problem, you're at a higher risk for problem gambling.

**“DRUGS AND GAMBLING ARE NO DIFFERENT, THEY BOTH HURT MY FAMILY AND MY LIFE.”**

– Member of the recovery community



## 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](https://www.mass.gov/ProblemGambling) to learn more or to find support. Call the Problem Gambling Helpline at 800-327-5050.*