

It's Time to Talk About Problem Gambling

Gambling takes many forms.

Gambling takes many forms, and many people don't even realize they're gambling. Common forms of gambling include:

- Casino games, like slot machines, table, or card games
- Lottery or scratch tickets
- Sports betting, including online fantasy sports betting
- Bingo
- Horse or dog race betting
- Raffles

What are the facts?

49% of respondents with gambling-related problems reported receiving mental health treatment, but none reported receiving treatment for gambling problems.¹

What is problem gambling?

Problem Gambling is a mental health condition where someone gambles despite experiencing negative and harmful side-effects. Problem gambling can be addressed through support and treatment. It can be hard to know when gambling has become a problem, but there are signs that can help you understand what it looks like:

- Needing to gamble with more money to keep it exciting
- Feeling irritated or restless when trying to cut back on gambling
- Trying to cut back or stop gambling, but not being able to
- Thinking about gambling a lot
- Gambling when upset
- Chasing losses (gambling more to win back money after losing)
- Trying to hide gambling by lying
- Having problems with relationships, work, or school because of gambling
- Needing to borrow money because of gambling losses

Some people might experience just a few of these signs. For some, these signs might be mild. For others, they might be more severe.

Problem gambling is a common co-occurring disorder.

That means that people with a gambling disorder may often be experiencing other disorders like substance use, anxiety, ADHD, etc.

96% of individuals with Gambling Disorder have at least one other psychological disorder.¹



Individuals with a Gambling Disorder are at much higher risk for having substance use or other mental health problems.¹

Problem gambling can be treated – and there's help available.

The Massachusetts Technical Assistance Center for Problem Gambling Treatment (M-TAC) offers free trainings, courses and resources that help clinicians and health allied professionals learn how to support people experiencing problem gambling.

The MA Problem Gambling Helpline offers treatment and other resources to help people who experience problem gambling or their loved ones start on the path to recovery.

Call 800.327.5050 or visit GamblingHelplineMA.org to speak to a trained specialist.

References:

¹ Kessler, R. C., Hwang, I., LaBrie, R., Petukhova, M., Sampson, N. A., Winters, K. C., & Shaffer, H. J. (2008). DSM-IV pathological gambling in the National Comorbidity Survey Replication. *Psychological medicine*, 38(9), 1351–1360.



Massachusetts Problem Gambling Helpline

GamblingHelplineMA.org
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