



National Council On Problem Gambling

1-800-522-4700

Call The 24 Hour Confidential Hotline or Visit Website at www.npcgambling.org

“Problem Gambling”
is a gambling behavior
which causes
disruptions in any
major area of life:

Psychological
Physical
Social
Vocational

GAMBLING CAN BECOME A PROBLEM FOR ANYONE

The term “Problem Gambling” includes, but is not limited to, the condition known as “Pathological”, or “Compulsive” Gambling, a progressive addiction characterized by increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, “chasing” losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious or negative consequences.

10 QUESTIONS ABOUT GAMBLING BEHAVIOR

- You have often gambled longer than you had planned.
- You have often gambled until your last dollar was gone.
- Thoughts of gambling have caused you to lose sleep.
- You have used your income or savings to gamble while letting bills go unpaid.
- You have made repeated, unsuccessful attempts to stop gambling.
- You have broken the law or considered breaking the law to finance your gambling.
- You have borrowed money to finance your gambling.
- You have felt depressed or suicidal because of your gambling losses.
- You have been remorseful after gambling
- You have gambled to get money to meet your financial obligations.

IF.....

You or someone you know answers “YES” to any of these questions, consider seeking assistance from a professional regarding this gambling behavior.

**Call the National Problem Gambling Help Line
Network at (800) 522-4700.**

All calls are toll free and confidential throughout the U.S.