Gambling addiction can be treated, but it is important to recognize it in yourself or others.

DID YOU KNOW?
A gambling addiction is defined as the uncontrollable urge to keep gambling despite the toll it takes on your life.

Gambling can stimulate the brain’s reward system much like drugs and alcohol can, leading to addiction.

THE STATISTICS
75% OF AMERICANS HAVE GAMBLED
48 STATES HAVE SOME FORM OF LEGALIZED GAMBLING

OVER 5 MILLION AMERICANS MEET CRITERIA FOR GAMBLING ADDICTION

PHASES OF ADDICTION
WINNING PHASE
LOSING PHASE
DESPERATE PHASE

SIGNS AND IMPACTS
- Borrowing money to gamble
- Lying to loved ones about gambling
- Unexplained periods of absence from work, home, or school
- Forgoing basic needs in order to gamble
- Defensive attitude when discussing gambling behavior

CALL OR TEXT
NATIONAL PROBLEM GAMBLING HOTLINE
1.800.522.4700
AFTER, TALK TO...
- FAMILY
- FRIENDS
- DOCTOR
- THERAPIST
- CO-WORKERS
- SOMEONE YOU TRUST