Do you have a gambling problem?

The stakes are higher than you think.

800-333-HOPE

One in three Minnesotans knows someone with a gambling problem.

Do you?

A gambling problem is a serious disorder that causes psychological, financial, emotional and legal difficulties for problem gamblers, their families and their friends.

Source: Consumer Research Study, Minnesota Department of Human Services
Do you like to gamble?
Does it ever get out of control?

Are you a problem gambler? The only person who really knows is you. But the following list of 20 questions can help.

Yes No
☐ ☐ Have you ever lost time from school or work due to gambling?
☐ ☐ Has gambling ever made your home life unhappy?
☐ ☐ Has gambling affected your reputation?
☐ ☐ Have you ever felt remorse after gambling?
☐ ☐ Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
☐ ☐ Does gambling cause a decrease in your ambition or efficiency?
☐ ☐ After losing, do you feel you must return as soon as possible and win back your losses?
☐ ☐ After a win, do you have a strong urge to return and win more?
☐ ☐ Do you often gamble until your last dollar is gone?
☐ ☐ Do you ever borrow to finance your gambling?
☐ ☐ Have you ever sold anything to finance gambling?

Yes No
☐ ☐ Are you reluctant to use “gambling money” for normal expenditures?
☐ ☐ Does gambling make you careless of the welfare of yourself or your family?
☐ ☐ Do you ever gamble longer than you planned?
☐ ☐ Have you ever gambled to escape worry or trouble?
☐ ☐ Have you ever committed, or considered committing, an illegal act to finance gambling?
☐ ☐ Does gambling cause you difficulty in sleeping?
☐ ☐ Do arguments, disappointments or frustrations create an urge to gamble?
☐ ☐ Do you ever have an urge to celebrate good fortune with a few hours of gambling?
☐ ☐ Have you ever considered self-destruction or suicide as a result of your gambling?

The warning signs
Gambling more and more often.
Gambling with more and more money.
Spending time gambling at the expense of school or your job.
Being preoccupied with gambling or with getting money to gamble.
Gambling despite negative consequences such as financial problems, absence from school or family problems.
Using gambling as a way to cope with loneliness, anger, stress or depression.
An urgent need to keep gambling – often with larger bets or taking greater risks.
Borrowing money to gamble, taking out secret loans, maxing out credit cards.
Bragging about wins but not talking about losses.
Lying to family and friends about gambling activities.
Frequent mood swings – higher when winning, lower when losing.
Gambling for longer periods of time than originally planned.

Most problem gamblers answer “yes” to at least seven of these questions. If you did, call the Problem Gambling Helpline at 800-333-HOPE. Resources are available so everyone can afford treatment.

Call 800-333-HOPE

The Problem Gambling Helpline is a statewide, toll-free, confidential way to receive information and/or referral to services.

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This information is available in other forms to people with disabilities by contacting us at 651-431-2225 (voice); TDD users can call the Minnesota Relay at 711 or 800-627-3529. For the Speech-to-Speech Relay, call 877-627-3848.