Is someone you love affected by compulsive gambling?

A gambling problem can be difficult for family and friends to understand. According to a recent survey, one in three Minnesotans said they knew someone with a gambling problem. And yet, many believe that it can be controlled by willpower alone.

A gambling problem is a serious disorder that causes psychological, financial, emotional, marital and legal difficulties for people with a gambling addiction, their families and their friends. But there is help. And there is hope.

“My family didn’t understand it was a sickness. They didn’t understand I couldn’t stop myself.”

– Pam, someone with a gambling addiction

800-333-HOPE

www.getgamblinghelp.com
Is someone you know affected by compulsive gambling? The following list of 20 questions may help you to determine whether someone you love has a gambling problem.

- 1. Is this person often bothered by bill collectors?
- 2. Is the person in question often away from home for long, unexplained periods of time?
- 3. Does this person ever lose time from work due to gambling?
- 4. Do you feel that this person cannot be trusted with money?
- 5. Does this person faithfully promise that he or she will stop gambling, yet gamble again and again?
- 6. Does this person ever gamble longer than he or she intended?
- 7. Does this person immediately return to gambling to try to recover losses or to win more?
- 8. Does this person ever gamble to get money to solve financial difficulties?
- 9. Does this person borrow money to gamble with or to pay gambling debts?
- 10. Has this person’s reputation ever suffered due to gambling?
- 11. Have you come to the point of hiding money needed for living expenses?
- 12. Do you search this person’s clothing, go through his or her wallet, or check on his or her activities?
- 13. Do you hide his or her money?
- 14. Have you noticed personality changes in him or her?
- 15. Does this person consistently lie to cover up or deny his or her gambling activities?
- 16. Does this person use guilt induction as a method of shifting responsibilities for his or her gambling upon you?
- 17. Do you attempt to anticipate this person’s moods or try to control his or her life?
- 18. Does this person ever suffer from remorse or depression due to gambling, sometimes to the point of self-destruction?
- 19. Have you ever threatened to break up the family because of the gambling?
- 20. Do you feel that your life together is a nightmare?

Family members of someone with a gambling problem will answer “yes” to at least seven of the above questions. If you did, call the Problem Gambling Helpline at 800-333-HOPE, visit our website www.getgamblinghelp.com or You can get help for yourself or for your family. Resources are available so everyone can afford treatment.

“Our family suffered for way too long. But we didn’t have to.”

“Your family is not alone. Help is available.”

800-333-HOPE

For help now:
www.getgamblinghelp.com

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

“In time, you’ll find you can laugh again. And life becomes incredibly better.”

Used with permission from Gam-Anon International Service Office, Whitestone, N.Y.

This information is available in accessible formats for individuals with disabilities by calling 651-431-2225 or by using your preferred relay service. For other information on disability rights and protections, contact the agency’s ADA Coordinator.

Minnesota Department of Human Services