

# Problem Gambling



2.6% of Americans have a gambling problem

## TYPES OF GAMBLING



Casino-Style Games  
(machines & card)



Gambling with Dice  
Games



Electronic Games  
(Mobile Apps & Websites)



Betting on Sports Games

Lottery Tickets, Games of Skill & More...

## SIGNS OF A PROBLEM



Unable to cut back from  
gambling

Restless when attempting  
to stop

Risks more money to  
reach desired  
excitement level

“Chases” losses

Lies to family/ friends  
about gambling

Risks job/ relationships

Relies on others for  
financial needs



Americans lose \$119 billion through gambling (more than any other country in the world)

## WHAT TO DO IF YOU OR A LOVED ONE HAS A GAMBLING PROBLEM?



Talk with your  
doctor



Get a referral to  
a mental health  
specialist



Connect with  
others or join a  
support group