

Problem Gambling News and Events

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Florida Council on Compulsive Gambling-888-ADMIT-IT(236-4848)

Compulsive Gambling and Suicide

Warning Signs of Problem Gambling

- *Preoccupation with Gambling*
- *Risking Relationships*
- *Gambling to Escape*
- *Relying on Bailouts*
- *Increasing Bets to Sustain Thrill*
- *Concealing Activity*
- *Loss of Control*
- *Chasing Losses*
- *Agitated When Trying to Stop*

Check these out!!!!

www.gamblinghelp.org

<http://gamblinghelp.org/forums/>

Live Chat and Text available:
Mon-Fri 8am-5pm at
www.gamblinghelp.org

Please gamble responsibly

If you or someone you know has a gambling problem, call 1-888-ADMIT-IT (1-888-236-4848) for information and resources.

The dark side of compulsive gambling isn't only about financial woes and broken relationships. A well known fact to those that are in the area of problem and compulsive gambling is that the suicide rate is alarmingly high. In fact, compulsive gamblers have the highest rate of suicide among any addictions or disorders except for Schizophrenia. One in five (20%) of compulsive gamblers will attempt suicide at some point. This statistic shows how serious this addiction is. Data from 2013/2014 Helpline calls showed that 22% of gamblers had suicidal ideations or previous attempts.

The most important things for people to realize is that suicide is not the only option; help is available,; and compulsive gambling is a treatable illness. Professional counseling with

a certified treatment provider is an important course of action for those that feel like they have no way out of their situation. Support groups, family and friends, are also vital components in helping the person through emotionally difficult times.

Don't be afraid to ask someone you know if they are having thoughts of suicide. You could save someone's life just by showing them you care enough to ask the question.

The FCCG is here to help! If you or someone you know has a problem, call the 24-hour, bilingual, confidential 1-888-ADMIT-IT HelpLine for resources and referrals.



Suicide Warning Signs

- Feels like a burden to others
- Buying firearms, other weapons, pills, etc...
- History of mental illness or addiction
- Feelings of hopelessness
- Taking care of their will or making funeral arrangements
- 1-800-273-8255 National Suicide Hotline
- Giving away personal possessions
- Help Starts Here!

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