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National PTSD Awareness Month & Men's Health Month: For Survivors, Hope Can Be Found by Seeking Help

June is a significant month for raising awareness about two important issues that impact many people around the world. The first is **National PTSD (Post Traumatic Stress Disorder) Awareness Month, which aims to bring attention to the struggles of those who suffer from this disorder. The second is Men's Health Month, a campaign that encourages men to prioritize their health and well-being.** Within this month's newsletter, the Florida Council on Problem Gambling (FCCG) highlights how PTSD and disordered gambling can go hand in hand. As always, we are here to remind you there is hope and help available for those with a gambling problem by calling or texting **888-ADMIT-IT**.

PTSD is a mental health disorder that can occur after experiencing or witnessing a traumatic event, such as military combat, sexual assault, or a natural disaster.^[1] The disorder can affect all persons, regardless of ethnicity, nationality, culture, or age, and affects about 3.5% of U.S. adults every year, meaning **it is estimated one in 11 people will be diagnosed with PTSD in their lifetime.**^[2] Symptoms of PTSD can be wide-ranging and may include flashbacks, nightmares, severe anxiety, and avoidance behaviors.^[3] People with PTSD may also experience irritability, anger, and hypervigilance, which can negatively impact their relationships and daily life.^[4]

According to studies, individuals with gambling problems have been found to have up to a 34% co-occurrence rate with PTSD.^[5]

PTSD is a diagnosable mental health concern just as Disordered Gambling is. Studies have shown people with gambling problems who also have PTSD are more likely to experience issues such as anxiety, depression, substance use, impulsivity, and they may even attempt suicide.^[6] The reason behind the correlation between problem gambling and PTSD is that those with PTSD may perceive gambling as a coping mechanism to deal with their traumatic experiences.^[7]

For those suffering from PTSD, gambling may provide a temporary escape from their associated trauma and problems, particularly during moments of winning. However, the relief is fleeting, and a vicious cycle of compulsive gambling can ensue, leading to personal and financial issues which can continue to snowball without the proper help and support.

As we also observe Men's Health Month, it's important to note men may feel pressure to maintain a "tough" exterior and avoid seeking help, but doing so can lead to more significant problems down the line. Because of this, it is vital for loved ones to support men who may be struggling with mental health issues, highlighting that seeking help for mental health conditions is a sign of strength, not weakness.

For those struggling and ready to take the first step toward recovery, or family members and loved ones wanting to see those close to them find the right treatment and support, **Your One Sure Thing** is the FCCG's **888-ADMIT-IT** Problem Gambling HelpLine. Available 24/7 in multiple languages, this confidential and 100% free resource is available to all Floridians looking for help with compulsive gambling associated with PTSD or any other co-occurring mental health concern.

Contact FCCG's confidential and multilingual 24/7 Problem Gambling HelpLine:

Call or Text: 888-ADMIT-IT
Email: fccg@gamblinghelp.org
Live Chat: [gamblinghelp.org](https://www.gamblinghelp.org)

Tap into the 888-ADMIT-IT App or reach out on social media, such as Facebook and Twitter.

References:

1. "What is Posttraumatic Stress Disorder (PTSD)?" American Psychiatric Association. <https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>.
2. *Ibid.*
3. *Ibid.*
4. *Ibid.*
5. Tull, PhD, Mathew. "PTSD and Gambling: The Link Between PTSD and Gambling Disorder." Verywell Mind, April 30, 2021. <https://www.verywellmind.com/ptsd-and-gambling-2797144>.
6. *Ibid.*
7. *Ibid.*