It’s National Suicide Prevention Week!

A Growing Health Issue

With high profile deaths such as Kate Spade and Anthony Bourdain, the issue of suicide and the stigma surrounding mental health have remained the center of many conversations throughout the United States and abroad. A recent report published by the Centers for Disease Control and Prevention reveals that from 1999-2016, suicide rates have steadily increased throughout the United States. In the state of Florida, suicide rates have risen approximately six to eighteen percent (6-18%). It is estimated that one person dies by suicide every three hours in the Sunshine State. Additionally, suicide is the second leading cause of death among adults ages 25-34 and the fourth leading cause for those aged 35-44. If you or someone you know is suicidal, don’t delay. Contact the 24/7 National Suicide Prevention Lifeline at 800-273-TALK (8255).

Comorbidity: Problem Gambling and Suicide

Problem gambling, known as the “Hidden Addiction,” gets its nickname due to the fact that many symptoms do not present themselves physically as in the case of substance addictions. This means that many individuals suffering from Gambling Disorder often do so alone, potentially increasing feelings of isolation and depleting self-worth. According to the 888-ADMIT-IT 2017-2018 Annual Report, twenty-six percent (26%) of callers reported having suicidal ideation. Additionally, sixty-six percent (66%) of callers reported having depression, and seventy-two percent (72%) revealed they are struggling with anxiety.

Although we are unable to pinpoint the exact reason for such a strong connection between suicidal ideation and Gambling Disorder, it is possible that financial, legal, and relationship issues all play a role. As a gambling addiction progresses, it becomes more difficult for that individual to contribute to the household, leaving some to believe the only solution is to end their life.

Did you know?

In addition to our 888-ADMIT-IT HelpLine, the FCCG is available 24/7 via live chat, text, or social media. No matter which method you chose to contact us, someone will be there, ready to assist.

1-888-ADMIT-IT
321-978-0555
gamblinghelp.org

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