

September 2019

# Responsible Gaming Education Week: *It's Our Everyday Commitment*

## The Importance of Responsible Gambling

Did you know that September 15-21, 2019, is Responsible Gaming Education Week (RGEW)? Gambling can be a safe recreational activity for most people. However, hundreds of thousands of Floridians suffer from gambling addiction, with many more at risk. When gambling becomes a problem, the urge to place a bet becomes uncontrollable.

Problem gambling can result in consequences that reach far beyond the gambler, including loved ones and others. Callers to Florida's 888-ADMIT-IT Problem Gambling HelpLine cite troubles with their closest relationships, their careers, education, and physical and mental health. For every individual suffering from problem gambling, an additional 8-10 people are affected!

RGEW is a reminder of the need to raise awareness about healthy habits and warning signs for those who choose to gamble. Being mindful about one's gambling activity can go a long way in the prevention of problem gambling and its serious impacts. We need your help in spreading the word during RGEW and throughout the year!



## Responsible Play Starts with Responsible Habits

At first thought, responsible gambling may seem like a topic reserved for the experts to tackle. While treatment providers for gambling addiction do indeed need to be certified, the guidelines for responsible play are fairly straight-forward.

Most things in life are only healthy in moderation: sleeping, eating, working, shopping, smartphone use, video game play, and even exercise. With gambling, that principle can be extended to include responsible habits like regular breaks in play, setting limits on how much you will spend and sticking to them, and partaking in alternative forms of entertainment.

It also helps to understand the warning signs of problem gambling in yourself or others. The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) clearly defines gambling disorder and the associated diagnostic criteria (list to follow).

You can check your own gambling behaviors or that of a loved one against the criteria, but if you are worried, don't wait until you can self-diagnose. Call Florida's Problem Gambling HelpLine at 888-ADMIT-IT (236-4848) to talk to a specialist, 24/7.

## How to Tell When Gambling is No Longer a Game

Worried about your gambling habits or that of a loved one? In the past 12 months, have you/they:

1. Needed to gamble with more and more money to feel the same excitement?
2. Become restless or irritable in attempts to cut back or stop gambling?
3. Made repeated unsuccessful attempts to control or stop gambling?
4. Been preoccupied with thoughts about gambling?
5. Gambled when feeling distressed?
6. Continued gambling to try and get even after a previous gambling loss?
7. Lied to your family, friends, or others to hide the extent of your gambling?
8. Jeopardized or lost a significant relationship, job, or opportunity because of gambling?
9. Relied on another for financial bailouts caused by gambling?

If you think you or someone you know may be suffering from gambling addiction, the first thing to do is reach out to Florida's 24/7, Confidential, and Multilingual Problem Gambling HelpLine: 888-ADMIT-IT (236-4848).



## GET CONNECTED

Florida's Problem Gambling HelpLine

 888-ADMIT-IT

 321-978-0555

 [gamblinghelp.org](http://gamblinghelp.org)

