

# Shine The Light On Problem Gambling

Problem Gambling is often called “The Hidden Addiction” as the signs are not as visible as they are with a substance abuse problem.

## Did You Know?

FOR EVERY ONE PROBLEM GAMBLER,



Social Costs Per Year =



**HIGHEST  
SUICIDE RATE**

Among All Other Addictions

## The Signs Are There. Can You See Them?

- ☐ Preoccupied with gambling
- ☐ Chasing losses and gambling with larger amounts
- ☐ Risking significant relationships
- ☐ Relying on financial bailouts
- ☐ Restless or irritable when unable to gamble
- ☐ Unable to cut back or stop gambling
- ☐ Gambling to escape unpleasant emotions
- ☐ Lying to conceal gambling behavior

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Call **888-ADMIT-IT** to Get Help!

March is **Problem Gambling Awareness Month**

# Lights on Problem Gambling: The Hidden Addiction

Unlike other addictions, problem gamblers do not display physical signs. There are no “card marks” on the arms, no “roulette breath,” no “dice eyes,” and no saturation point.

While visible symptoms are minimal, problem gamblers are often depressed, anxious, and may have suicidal thoughts. They often neglect family and friends, run up large amounts of debt, and may be involved in illegal activity in order to fund their gambling addiction.

Gambling addiction is a diagnosable and treatable mental health disorder. Help and hope are available 24 hours a day, 7 days a week.



If you or someone you know has a gambling problem, contact our **FREE, 24/7, confidential, multi-lingual, HelpLine.**

**888-ADMIT-IT (236-4848)**



FLORIDA COUNCIL ON  
**COMPULSIVE  
GAMBLING**

**TEXT** 321-978-0055

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

**EMAIL** [fccg@gamblinghelp.org](mailto:fccg@gamblinghelp.org)



*Instilling hope and furnishing help to those affected by problem gambling.*