

IS GAMBLING PUSHING YOU AWAY FROM YOUR LIFE?



CALL 888-ADMIT-IT

and find the support you need.

For women, gambling inclinations can begin later in life, however females are at risk for developing a problem in a much shorter period of time than males. Issues can emerge in stages, escalating from lying and concealment to loss of job or relationships, criminal activity and suicidal thoughts.

Signs of problem gambling in women include:

- Gambling as an escape from worries or troubles
- Lying to conceal gambling activity
- Jeopardizing significant relationships because of gambling
- Unsuccessfully attempting to cut back or stop gambling
- Using household money or savings to fund gambling
- Experiencing problems at work due to gambling



**FLORIDA COUNCIL ON
COMPULSIVE GAMBLING**

HELP FOR Women with a Gambling Problem

Women with compulsive gambling tendencies may use gambling as a way of dealing with emotions, to get away from undesirable relationships or to cope with major changes in lifestyle, such as divorce or loss of a loved one. Feeling out of control and powerless can lead to shame and loss of self-confidence, making it difficult to know when to seek much needed help.

If you feel you have lost control of your gambling, admitting it is the first step to getting help.

START YOUR PATH TO RECOVERY.

If you or someone you know is experiencing any of the signs listed on this card, the Florida Council on Compulsive Gambling can help.

Our helpline is available 24/7 for free, confidential support and guidance on your road to recovery.

"You may not control all the events, that happen to you, but you can decide not to be reduced by them."

– Maya Angelou

 888-ADMIT-IT |  321.978.0555 |  gamblinghelp.org



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