

“I’ve discovered that I’m not a bad person. Problem gambling is a disease, and many other people suffer from it as well.”

– Dennis, a problem gambler

According to a recent survey, one in three Minnesotans said they knew someone with a gambling problem. And yet, 41 percent of us believe that it can be controlled by willpower alone. A gambling problem is a serious disorder that causes psychological, financial, emotional, marital and legal difficulties for problem gamblers, their families and their friends. But there is help. And there is hope.

Are you a problem gambler?



1-800-333-HOPE

www.nojudgment.com

Minnesota Department of **Human Services**

444 Lafayette Road N.
St. Paul, MN 55155-3828



Source: Consumer Research Study, Minnesota Department of Human Services



“It takes work. But you can recover.”

The warning signs


- Increased frequency of gambling activity.
- Increased amount of money gambled.
- Spending an excessive amount of time gambling at the expense of job or family time.
- Being preoccupied with gambling or with obtaining money with which to gamble.
- Gambling continues despite negative consequences such as financial problems, absence from work or family problems.
- Using gambling as a means to cope with loneliness, anger, stress or depression.
- An urgent need to keep gambling – often with larger bets or the taking of greater risks.
- Borrowing money to gamble, taking out secret loans, cashing in or borrowing on life insurance policies, maximizing credit cards.
- Bragging about wins, but not talking about losses.
- Frequent mood swings – higher when winning, lower when losing.
- Gambling for longer periods of time than originally planned.
- Secretive behavior such as hiding lottery tickets and betting slips or having bills sent to work or another address.

Are you a problem gambler? The only person who can make that decision is you. But the following list of 20 questions may help you to determine whether or not you have a problem.

- | | |
|---|---|
| <input type="checkbox"/> 1. Did you ever lose time from work due to gambling? | <input type="checkbox"/> 12. Were you reluctant to use “gambling money” for normal expenditures? |
| <input type="checkbox"/> 2. Has gambling ever made your home life unhappy? | <input type="checkbox"/> 13. Did gambling make you careless of the welfare of yourself and your family? |
| <input type="checkbox"/> 3. Did gambling affect your reputation? | <input type="checkbox"/> 14. Did you ever gamble longer than you had planned? |
| <input type="checkbox"/> 4. Have you ever felt remorse after gambling? | <input type="checkbox"/> 15. Have you ever gambled to escape worry or trouble? |
| <input type="checkbox"/> 5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties? | <input type="checkbox"/> 16. Have you ever committed, or considered committing, an illegal act to finance gambling? |
| <input type="checkbox"/> 6. Did gambling cause a decrease in your ambition or efficiency? | <input type="checkbox"/> 17. Did gambling cause you to have difficulty sleeping? |
| <input type="checkbox"/> 7. After losing did you feel you must return as soon as possible and win back your losses? | <input type="checkbox"/> 18. Do arguments, disappointments or frustrations create within you an urge to gamble? |
| <input type="checkbox"/> 8. After a win did you have a strong urge to return and win more? | <input type="checkbox"/> 19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling? |
| <input type="checkbox"/> 9. Did you often gamble until your last dollar was gone? | <input type="checkbox"/> 20. Have you ever considered self-destruction as a result of your gambling? |
| <input type="checkbox"/> 10. Did you ever borrow to finance gambling? | |
| <input type="checkbox"/> 11. Have you ever sold anything to finance gambling? | |

Used with permission from Gam-Anon International Service Office, Whitestone, N.Y.

Most problem gamblers will answer “yes” to at least seven of these questions. If you did, call the Problem Gambling Helpline at **1-800-333-HOPE** or visit our Web site at www.nojudgment.com. You can get help in recovering a life of health and happiness. Resources are available so everyone can afford treatment.



**YOU ARE
NOT ALONE.
HELP IS
AVAILABLE.**

**Call 1-800-333-HOPE
or visit the Web site at
www.nojudgment.com.**

The Problem Gambling Helpline is a statewide, toll-free, confidential way to receive information and/or referral to services.

**“I’m full of
hope today.”**

This information is available in other forms to people with disabilities by contacting us at 651-296-4497 (voice). TDD users can call the Minnesota Relay at 711 or 1-800-627-3529. For the Speech-to-Speech Relay, call 1-877-627-3848.

Minnesota Department of **Human Services**