

## Possible **Signs** of a **Gambling Problem**

- ▶ Gambling more often for more money,
- ▶ Gambling for longer periods of time,
- ▶ Gambling in spite of negative consequences, such as large losses, leaving children alone or other family problems, and
- ▶ Gambling as a means to cope with loneliness, anxiety or depression.

### **Help?**

There is help available for problem/ compulsive gamblers. If you think you or someone else has a gambling problem, call the National Problem Gambling Helpline for free, confidential information.

**24 Hour  
Toll Free  
Assistance  
1-800-522-4700**

*“I had an argument with my husband and went out and lost \$1,000 at the casino.”*

—A 29-year-old female  
Helpline caller



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# Gambling Among Women Recreation with Risk?

*“My mom went gambling and didn’t come home in time to take me to high school orientation. Now I won’t know where my locker is on the first day of school.”*

—A 9th grade  
Helpline caller

**G**ambling in the United States has changed significantly over the past several years. It is more accessible than ever before, extensively marketed and is creating problems for many women. Over the past few years, there have been noticeable changes in the number of woman seeking help for gambling problems in the United States.

### Recreation?

For most women, gambling is a social or recreational activity. It is fun and entertaining. It does not cause problems.

For women who choose to gamble recreationally, the following information is essential to help insure that their gambling does not lead to problems:

1. Over time nearly everyone who gambles loses. The benefit of gambling is almost always recreational and rarely a financial gain.

*“The only thing my wife cares about is gambling, not her family, her job or anything else.”*

—A 33-year-old male Helpline caller

2. Recreational gambling is most often combined with other activities and done socially with family, friends, or colleagues. Always gamble with others and not alone.
3. Recreational gambling is done for limited amounts of time. Set limits on how often and for how long you gamble.
4. Recreational gambling always has predetermined limits for losses that are acceptable. Remember money spent on gambling needs to be considered entertainment.

Women who are aware of this information and follow the suggestions above can significantly reduce their risk of developing a gambling problem.

### Risks?

While both men and women are attracted to gambling for its excitement, female gamblers differ from male gamblers in a number of significant ways.

- Women tend to gamble to escape unpleasant situations in their lives, whereas men gamble for the excitement of the games and the probability of a big win.
- Women will often feel more embarrassment about their gambling habits and are more likely to receive less sympathy from their families than men do.

*“My mother no longer has time for her grandchildren because she gambles so much.”*

—A Helpline caller concerned about her 71-year-old mother

➤ The progression of a gambling problem for women is usually shorter than it is for men.

➤ Some women may be at risk of experiencing gambling problems because they are left at home with large amounts of time to fill while husbands and children are away at work or school.

➤ Low income mothers may view gambling as a quick way to “make” some extra money for the family.



How will your family remember you?

You can try to hide a gambling problem, but eventually the truth will come out. Call for free, confidential help.

**NATIONAL  
PROBLEM  
GAMBLING  
HELPLINE**  
1-800-522-4700