

Warning Signs of Problem Gambling

1

Preoccupation with gambling, such as constantly planning how to get more gambling money



2

Needing to gamble with increasing amounts of money to get the same thrill



3

Feeling restless or irritable when you try to cut down on gambling



4

Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression



5

Trying to get back lost money by gambling more (chasing losses)



6

Lying to family members or others to hide the extent of your gambling



7

Jeopardizing or losing important relationships, a job, or school/work opportunities due to gambling

