

# PROBLEM GAMBLING FACT SHEET



Whether you're seeking information for yourself or a loved one, this fact sheet can help you gain a better understanding of what problem gambling is, its impact, and how to find support.

## What is Problem Gambling?

Problem gambling (sometimes referred to as "gambling addiction" or "gambling disorder") is gambling behavior that is damaging to a person or their family, often disrupting their daily life and career. Anyone who gambles can be at-risk for developing a gambling problem. Gambling disorder is a recognized mental health diagnosis.

### Some warning signs of a gambling problem are:

- Thinking about gambling all the time.
- Feeling the need to bet more money and more often.
- Going back to try to win your money back ("chasing losses").
- Feeling restless or irritable when trying to stop or cut down.
- Gambling despite negative consequences.
- In extreme cases, problem gambling can cause bankruptcy, legal problems, job loss, family harms, and thinking about suicide.

## How Widespread is Problem Gambling in the U.S.?

- An estimated 2 million US adults (1%) meet the criteria for severe gambling problems in a given year.
- Another 4-6 million (2-3%) meet one or more of the criteria for gambling disorder and are experiencing problems due to their gambling behavior.

*The National Council on Problem Gambling estimates that the annual national social cost of problem gambling is **\$7 billion**. These costs include job loss, bankruptcy, gambling-related healthcare spending and other consequences.*

## Problem Gambling Support & Resources

The National Problem Gambling Helpline (**1-800-GAMBLER**) is available via call, text or chat and can provide detailed information regarding treatment resources available in your area.

**Call: 1-800-GAMBLER • Text: 800GAM • Chat: [www.1800gamblerchat.org](http://www.1800gamblerchat.org)**