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# When Gambling Negatively Impacts your Life

There is a difference between recreational gambling and having a gambling disorder (also referred to as problem or compulsive gambling). A person with a gambling disorder may not be able to stop or may continue gambling even when they start losing their money, jobs, family, and sometimes their lives.

## Some warning signs of problem gambling include:

- Always thinking about gambling
- Tardy for work or school; may be completely absent
- Skips payments on necessary bills
- Gets cash advances with credit cards
- Becomes distant with friends and family

If you are experiencing one or more signs, a 20 question survey on the Gamblers Anonymous website can help you see if you may struggle with a gambling disorder. If you are, there is help and treatment available.

## Steps to recovery include:

- Admitting there is a problem
- Setting goals and finding hobbies to replace gambling
- Getting help from support groups or treatment centers
- Relying on others to assist you through your journey

## Tips for family and friends of somebody with a Gambling Disorder

**Do:**

- Encourage them to seek help as recovery is possible
- Offer to attend meetings with them
- Take over financial responsibilities
- Confront the person about the situation
- Seek help and support for yourself

**Do Not:**

- Bail them out of jail
- Blame yourself for their habits
- Make excuses for the behavior
- Deny the problem

## For information, referrals or support for gambling issues, call 988 or search our online database:

- www.helplinecenter.org/2-1-1
    - Enter your Zip Code
        - Select Mental Health category – for individual counseling
        - Select Support Groups category

**Sources:**


Gamblers Anonymous
Gam-Anon
National Council on Problem Gambling
South Dakota Lottery



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