While many people gamble once in a while, about 1% of the U.S. population is affected by gambling addiction. Gambling becomes a problem when a person can’t control their gambling habits and it begins to negatively impact their work responsibilities, relationships, and financial security.

Problem gambling doesn’t discriminate
Gambling addiction is not a weakness or a character flaw; it’s a diagnosable behavioral health disorder. Gambling activates the brain in many of the same ways that a drug does and can be treated with therapy or other supports. While an individual doesn’t need treatment to recover from a gambling addiction, many find it helpful – especially since it’s common for people to experience other behavioral health conditions, such as depression or substance use, at the same time as gambling addiction.

Things that can help:
- Exercise
- Social Supports
- Nutrition
- Stress Reduction
- Sleep

Treatment works!
If you feel like gambling has caused issues with your relationships, work life, or financial well-being, you may have a problem with gambling. The first step is recognizing the problem. There is help available. To find support, visit Gamblers Anonymous and the National Center for Responsible Gambling today.

You don’t have to be suicidal to use a crisis line – speak to someone about how you’re feeling or if you’re worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting ‘TALK’ to 741741
Call the Suicide Prevention Lifeline at 1-800-237-8255

MindWise.org