

PROBLEM GAMBLING AND FINANCES

What is a Problem Gambling?

Gambling that is having harmful impacts. Individuals are spending more time and/or money than he/she can afford on gambling activities. Individuals may find it difficult or impossible to control their gambling the results may have negative impacts their life.

Signs of Problems Include:

- Betting more and more to get the same level of excitement.
- Betting to regain loses (chasing).
- Feeling that they are due and the next bet is the big one.
- Try not to gamble, but find they keep returning to gambling again and again.
- Lose track of time when gambling.
- Others are telling them that they have a problem.
- Missing work and family events to gamble.
- Stealing Money to Gamble.
- Borrowing Money to Gamble.
- Lying to hide gambling.

All of these can be signs of problem gambling. Talk to your counselor about your concerns.

Resources

Indiana Voluntary Exclusion Program

www.in.gov/igc/files/vvp-web-brochure.pdf

Problem Gamblers and Their Finances

www.ncpgambling.org/files/public/problem_gamblers_finances.pdf

Indiana Problem Gambling Treatment Providers

www.in.gov/fssa/dmha/files/PG_Treatment_Providers_-_SFY_2013.pdf

Indiana Problem Gambling Awareness Program

www.ipgap.indiana.edu

Gamblers Anonymous

www.gamblersanonymous.org/ga/

24-Hour Problem Gambling Helpline
1-800-994-8448

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FINANCIAL SELF-TEST

Problem Gamblers often have a distorted view of money. Money can be viewed as the solution to all problems. Problem gamblers often view gambling as the way to get money. Individuals often don't see that gambling is most likely why they don't have money. Problem Gamblers do not have a good handle on what is enough money, they keep going back to try and win more. Money is an important issue to deal with when treating problem gambling, talk to your counselor about options to deal with your issues around money.

Financial issues are often part of problem gambling. Review the statements below.

Do Any of these statements sound like me?

- I am behind paying rent or mortgage?
- I have been evicted for not paying rent?
- I am behind paying bills?
- I have taken a second mortgage on my house?
- I have borrowed money or cashed out my retirement?
- I have been turned down for credit?
- I have opened new credit cards to cover other cards?
- I am maxed out on my credit?
- I have loans and credit cards my partner is not aware of?
- I take out pay day loans?
- I have borrowed money from friends and family?
- I have taken money secretly from others?
- I have lost more than I have won?

If you answer yes to more than one of these it may indicate a serious financial situation. As part of treatment for problem gambling issues, financial counseling may be the key to recovery and it is available. Please discuss this with your counselor.

Gambling Provider Contact Information:

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