

For some people, Gambling can be a serious problem — even an addiction. This happens when gamblers are unable to fully control when, how much, or how often they gamble and when they have difficulty stopping regardless of whether they are winning or losing. Debt, family conflict, job loss, and other problems are often part of the picture.

Problem Gambling can tear families apart emotionally and financially.



Problem Gambling Services offers help and hope at sites in Connecticut. Inability to pay is never a barrier to receiving our services.

www.ct.gov/dmhas/pgs

Problem Gambling Helpline
24/7 help and referral service
Call **1-888-789-7777** for more information or to make an appointment.

www.Gam-Anon.org

This 12-step program is for family members and friends of a problem gambler who want to help themselves.

PGS PROBLEM
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What About You?



Does someone you love need help with a gambling problem?

Does the gambling cause problems for you and your family?

Has anyone asked how you're doing?

What about you?

How can you tell whether a person you love is a problem gambler?

Ask yourself the following questions:

- Does the person use credit cards to gamble?
- Has the person borrowed money to gamble or cover lost money?
- Do other people think the person might have a gambling problem?
- Has anyone told the person that his or her gambling is a problem?
- Has the person lied about the extent of the gambling or hidden it from others?
- Has the person tried to stop or cut back on how much or how often he or she gambles?



Are you having trouble coping?

Do you need help?

How can you tell?

If you answer YES to any of the following questions, you may be suffering from anxiety and/or depression.

- Are you sad and anxious much of the time?
- Do you sleep poorly?
- Are you sleeping less and crying more?
- Do you have trouble concentrating at home, at work, or both?
- Does worrying about gambling and its consequences leave you unable to think of other things?
- Has your appetite changed? Are you eating too much? Do you eat enough?

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What should I do if I might be anxious or depressed?

Get help for yourself.

Don't wait ...

- For the gambler to get help.
- For things to get better—or worse
- For the right moment
- For anything.

Getting help will give you the strength and courage to deal with the challenges of living with problem gambling.

Even if you don't have symptoms of anxiety and depression, you may need more information and support.