

## You Are Not Alone

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**