



Arizona Department of Gaming

Problem Gambling

Warning Signs for parents that your son or daughter *may* have a gambling problem:

- Says gambling is one of the best ways to make easy money.
- Gambles with money that is supposed to be used for something else (i.e. lunch, bus fare, etc.)
- Experiences mood swings and feels stressed when not gambling regularly or trying to reduce gambling.
- Promises to stop or reduce gambling but has trouble following through with plan.
- Withdraws from friends and family.
- Borrows or steals money or valuables from family members or friends.
- Displays unexplained large amounts of cash and other material possessions.
- Spends unexplained time away from home, work or school.
- Gambles to escape worries, frustrations, or disappointments.
- Drops out of or reduces activity in sports, clubs or other usual activities.
- Sells personal belongings.
- Brags about winning.
- Starts to place larger and more frequent bets to maintain interest and excitement produced by gambling.
- Lies or is secretive about gambling activities.
- Keeps on gambling trying to win back lost money.

It is important to note that an individual with gambling problems will not necessarily exhibit all behaviors.

If you think your son or daughter may have a gambling problem, consider making an appointment with a state-funded problem gambling counselor to discuss the issue.

For free confidential information and referral regarding a gambling problem, call

1.800.NEXT.STEP (1.800.639.8783) or

www.problemgambling.az.gov