

Signs of a problem

Gambling problems can be easy to hide. But there are some signs you can look for:

- Not sticking with limits on time and money
- Making more bets to try and win back lost bets
- Borrowing money or stealing to gamble
- Missing important events to gamble
- Lying to people or arguing with them about gambling
- Saying that gambling is a good or easy way to make money
- Using gambling as a way of escaping from problems
- Seemingly irritated or restless when not able to gamble
- Spending more time at online betting sites, looking at sporting odds, etc.

IF SOMEONE YOU KNOW HAS SIGNS OF A PROBLEM, CALL

1-800-NEXT STEP

FOR FREE AND CONFIDENTIAL HELP

There are risks:

- Most people can gamble without having a problem, but the younger you start gambling...the bigger the risk of you having a gambling problem later in life
- Some people win at gambling, and they may win BIG, but most people lose, and many lose BIG!
- Some people "chase" their losses, thinking that if they gamble just a little bit more or a little bit longer; they might just win back what they have lost. Usually what happens...more losses, bigger debt.
- Some people reach the point where they can no longer control their need to gamble...just like someone who can't control their drinking or their drug addiction.
- Gambling usually starts out fun! But it often ends up not that fun at all!!

Know the Odds!

- Odds of being struck by lightning: 1 in 280,000.
- Odds of winning Lottery Jackpot: 1 in 146,107,962

Consequences of Problem Gambling Include:

- Family and school problems
- Loss of friendships, jobs
- Debt
- Crime
- Depression
- Suicide

According to the 2006 Arizona Youth survey, gambling risk behavior is consistently associated with other risky behavior.

The survey showed, without exception, as the frequency of gambling behavior increase, so too does the percentage of youth using alcohol, marijuana, cigarettes, prescription drugs, sedatives and inhalants.

27% of Arizona Youth surveyed are frequent gamblers. Of this percentage, some gamble once a month, some gamble once or twice a week, and some reported gambling every day.

Gambling

Gambling (sometimes called “gaming” or “betting”) is risking something of value on a game, contest, or any other event.

Common types of Gambling:

- Betting on games of skill
- Sports betting
- On-Line betting
- Cards
- Dice games
- Lottery tickets, lottery games
- Board games
- Races (car, dog, horse)
- Bingo, raffles
- Video games

1.800.NEXTSTEP

1.800.NEXT STEP (1.800.639.8783)
www.problemgambling.az.gov



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**PROBLEM
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Youth Gambling: Risks of Playing the Game

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Help for pr oblem gambling.