

# Find help and hope

for alcoholism, drug abuse or problem gambling

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Office of Alcoholism and  
Substance Abuse Services

[www.oasas.ny.gov](http://www.oasas.ny.gov)

*Offering help and hope 24  
hours a day, 365 days a year  
for alcoholism, drug abuse  
and problem gambling.*

*All calls are  
anonymous and  
confidential.*

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Office of Alcoholism and  
Substance Abuse Services

**New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS)**

501 7th Avenue | New York, New York 10018-5903 | [oasas.ny.gov](http://oasas.ny.gov) | 646-728-4720

1450 Western Avenue | Albany, New York 12203-3526 | [oasas.ny.gov](http://oasas.ny.gov) | 518-457-4384

# Problem Gambling

**It Affects Family and Friends**



Office of Alcoholism and  
Substance Abuse Services



## PROBLEM GAMBLING

For most people, gambling is a fun, recreational activity. But for some, gambling behaviors become problematic, affecting many areas of their lives. Those people closest to the problem gambler often suffer as much, if not more than the problem gambler. Problem gambling can affect anyone regardless of age, gender, race or social status.

### What is Problem Gambling?

People with a gambling problem often bet with money that they can't afford to lose. As they spend more and more time gambling, they may start to neglect family, friends, work and social obligations. They may even neglect themselves – not eating or sleeping properly and not caring about their appearance.

People with a gambling problem often borrow money to gamble. Credit cards may be maxed out or second mortgages taken out on a home. Despite negative consequences, they may continue to chase after losses while denying they have a problem.

People with gambling problems may lie about their gambling and may do things that compromise their own personal values, such as engaging in illegal acts.

## WARNING SIGNS OF PROBLEM GAMBLING

- Spending more time thinking about gambling
- Needing to gamble with more and more money
- Becoming restless or irritable when trying to stop or cut down on gambling
- Gambling to escape problems or feelings of depression or anxiousness
- Losing money by gambling and returning another day to get even
- Using credit cards for cash advances.
- Lying to family or others about gambling activities



- Repeating unsuccessful attempts to control gambling by cutting back or stopping
- Committing illegal acts to finance gambling or pay gambling debts
- Risking or losing a significant relationship, job, educational or career opportunity because of gambling
- Seeking financial bailouts or help from others to relieve a desperate financial situation

## WHEN THEIR PROBLEM IS YOUR PROBLEM

If you are the spouse, family member or friend of a problem gambler, it is important for you to take care of yourself and realize that you are not responsible for the problem gambler's behavior. Even if your loved one is not ready or willing to get help, confidential help is available for you.

For additional resources and to learn more about problem gambling visit:



[knowtheodds.org](http://knowtheodds.org)

## Contact Us

### NYS OASAS

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