



# Suicide and Gambling



**Did you know that nearly 50% of people struggling with problems due to gambling/gambling addiction have had thoughts of suicide?**

**Risk factors and warning signs include, but are not limited to:**

- Loss – financial, self-esteem, valuable relationships
- Coping with mental health and/or substance abuse issues
- Being a burden to others
- Feeling trapped
- Unbearable pain
- Isolation and loneliness
- Feeling of hopelessness and helplessness

If you or someone you know is struggling with problems due to gambling behaviors, call, text or chat TODAY!

**You can get control of your life back – We can help!**

**1-800-GAMBLER - [helpmygamblingproblem.org](http://helpmygamblingproblem.org)**



The Maryland Center of Excellence  
on Problem Gambling