

# Problem Gambling Identifications & Warning Signs

Demographic Groups	Identifications	Warning Signs
<b>Adolescent &amp; Teens</b>	Youth are tech savvy	Preoccupation
	A desire for immediate gratification	Borrowing Money
	Do not fully understand risks	Selling Personal Items
	Still developing control of emotions and impulses	Gambling language used frequently
	Typically enjoy playing games	Unexplained absences from school
		Neglecting household chores
		Declining Grades
		Alienation from family and friends
		Inability to cut back or stop gambling
		Lying to friends and family about gambling
<b>Family</b>	Bills are not being paid on time or at all because the money is being used to gamble	Preoccupation
	You are hiding money, checks, bank accounts, and credit cards from gambler in the family	Borrowing Money
	Creditors constantly call your home	Selling personal items
	The gambler has to rush to get to the mail or be the first to open it	Irritability, Restlessness, Withdrawal
	The gambler seems emotional distant and preoccupied	Need for action and excitement
	You withdraw from family and friends and make excuses for the gamblers behavior or actions	Defensive attitude
	You lose sleep or your health declines because of worry over bringing up the topic to the problem gambler	Competitive personality
	Conversation about gambling lead to verbal or physical attacks	Alienation from family and friends
		Inability to cut back or stop gambling
		Lying to friends and family about gambling
<b>Military and Veterans</b>	Starts as entertainment, but can become a major dependent to relieve stress, boredom	Preoccupation
	Can provide a sense of uncertainty, risk, and thrill	Borrowing Money
	Can be used as a coping mechanism for transitioning back to civilian life, PTSD, or other issues	Selling personal items
	Showing signs of other substance abuse-related issues	Irritability, Restlessness, Withdraw
	May engage in or enjoy excessive risk-taking activities	Need for action and excitement
	Struggles to control the amount of time, money, or thoughts about gambling	Defensive attitude
		Competitive personality
		Alienation from family and friends
		Inability to cut back or stop gambling
		Lying to friends and family about gambling
<b>Public Health</b>	<b>Substance Use Disorder</b>	Stress (leading to heart disease, hypertension, and obesity)
	Abnormal vital signs (heart rate and blood pressure)	Heart palpitations
	Diseases (Hepatitis B or C), or HIV from needle sharing	Insomnia
	Uninhibited sexual acts	Irritability
	Frequent hangovers or blackouts	
	More frequent illnesses	
	<b>Depression</b>	Decrease in work productivity
	Increased irritability	Increase in crime
	Unwanted thoughts and frustrations	Increase in poverty
	Psychiatric disorders	
Suicide		
<b>Alcohol</b>		
Cirrhosis - liver disease		
Cancer		
Heart attacks		
Brain Damage		
Diabetes		
<b>Smoking</b>		
Cardiovascular disease (Stroke, hypertension, coronary heart disease)		
Respiratory disease (Lung disease, COPD, emphysema, chronic bronchitis)		
Cancer (Mouth, lung, trachea, esophageal, stomach, and more)		
Pregnant risks		
<b>Seniors</b>	Enjoyable recreation	Preoccupation
	Spend time with friends	Borrowing Money
	Excitement	Selling Personal Items
	Pass the time	Irritability, Restlessness, Withdrawal
	Numb pain or chronic health issues	Delayed payments of bills
	Help forget problems	Loss of pension benefits
	Escape boredom or loneliness	Loss of Social Security benefits
	Escape lifestyle changes such as loss of spouse, divorce, or retirement	Neglecting household duties
	Distraction from anxiety	Decline in personal hygiene
		Decline in health
<b>Women</b>	Escape unhappy relationships	Preoccupation
	Avoid Family or personal demands	Borrowing Money
	Avoid conflict or abuse at home	Selling personal items
	Escape financial or professional problems	Irritability, Restlessness, Withdrawal
	Numb pain or chronic health issues	Delayed payment of bills
	Avoid facing difficult situations or decisions	Neglecting household duties
	Escape boredom or loneliness	Defensive attitude
	Escape lifestyle changes, such as loss of spouse, divorce, or retirement	Competitive personality
	For excitement	Alienation from family and friends
	A form of entertainment and socializing	Inability to cut back or stop gambling
For the feeling of personal power and self-esteem	Lying to friends and family about gambling	
	Extreme guilt or shame	
	Disappear for extended periods of time	
	Suicidal thoughts	