

# Let's Chat About Gambling



## Did You Know:

- 2% of older adults in Maryland are problem gamblers
- If you smoke, drink alcohol and/or use drugs, you are at greater risk of a gambling problem
- A gambling problem affects 7-10 people (family, friends, co-workers)

## Keep Gambling Safe:

- Set a limit on how much time and money you spend – stick with it!
- View gambling as fun and entertainment, not as a way to make money.
- Balance gambling with other leisure activities.

## gam-bling NOUN

*1. any activity or game where you risk something of value or money on an outcome that is not guaranteed.*

Gambling can be a fun, social activity. But for some, gambling can get out of control and result in financial problems, legal issues and family/relationship conflict.

## Signs of a problem:

- Preoccupied with gambling
- Secretive about gambling activities
- Increasing bet amount and spending more money
- Trying to win back losses by more gambling
- Gambling to escape problems
- Lying to family and others about gambling activity
- Asking for “bail outs” from friends and family to cover gambling losses
- Jeopardizing or losing relationships because of gambling

For Help and Support call **1-800-GAMBLER (1-800-426-2537)**

[www.helpmygamblingproblem.org](http://www.helpmygamblingproblem.org)



The Maryland Center of Excellence  
on Problem Gambling