

Problem Gambling Identifications & Warning Signs

Geographical Groups	Identifications	Warning Signs										
Adolescent & Teens	<ul style="list-style-type: none"> Youth are tech savvy A desire for immediate gratification Do not fully understand risks Still developing control of emotions and impulses Typically enjoy playing games 	<ul style="list-style-type: none"> Preoccupation Borrowing Money Selling Personal Items Gambling language used frequently 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 Large amounts of money on hand and showing off Bragging about winnings Suspected of alcohol or drug use Suicidal thoughts 										
	Family	<ul style="list-style-type: none"> Bills are not being paid on time or at all because the money is being used to gamble You are hiding money, checks, bank accounts, and credit cards from gambler in the family Creditors constantly call your home The gambler has to rush to get to the mail or be the first to open it The gambler seems emotional distant and preoccupied You withdraw from family and friends and make excuses for the gamblers behavior or actions You lose sleep or your health declines because of worry over bringing up the topic to the problem gambler Conversation about gambling lead to verbal or physical attacks 	<ul style="list-style-type: none"> Preoccupation Borrowing Money Selling personal items Irritability, Restlessness, Withdrawal Need for action and excitement Defensive attitude Competitive personality Alienation from family and friends Inability to cut back or stop gambling Lying to friends and family about gambling Risk-taking behavior Thinking about or committing an illegal act to finance gambling Suicidal thoughts 									
		Military and Veterans	<ul style="list-style-type: none"> Starts as entertainment, but can become a major dependent to relieve stress, boredom Can provide a sense of uncertainty, risk, and thrill Can be used as a coping mechanism for transitioning back to civilian life, PTSD, or other issues Shows signs of recreational gambling or substance abuse-related issues prior to or during time of service May engage in or enjoy excessive risk-taking activities Struggles to control the amount of time, money, or thoughts about gambling 	<ul style="list-style-type: none"> Preoccupation Borrowing Money Selling personal items Irritability, Restlessness, Withdraw Need for action and excitement Defensive attitude Competitive personality Alienation from family and friends Inability to cut back or stop gambling Lying to friends and family about gambling Risk-taking behaviors Thinking about or committing an illegal act to finance gambling Suicidal thoughts 								
			Public Health	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="5" style="background-color: #FFD700; vertical-align: middle;">Substance Use Disorder</td> <td>Abnormal vital signs (heart rate and blood pressure)</td> </tr> <tr> <td>Diseases (Hepatitis B or C), or HIV from needle sharing</td> </tr> <tr> <td>Uninhibited sexual acts</td> </tr> <tr> <td>Frequent hangovers or blackouts</td> </tr> <tr> <td>More frequent illnesses</td> </tr> </table>	Substance Use Disorder	Abnormal vital signs (heart rate and blood pressure)	Diseases (Hepatitis B or C), or HIV from needle sharing	Uninhibited sexual acts	Frequent hangovers or blackouts	More frequent illnesses	Anxiety	Stress (leading to heart disease, hypertension, and obesity)
				Substance Use Disorder		Abnormal vital signs (heart rate and blood pressure)						
						Diseases (Hepatitis B or C), or HIV from needle sharing						
						Uninhibited sexual acts						
						Frequent hangovers or blackouts						
					More frequent illnesses							
				Depression	Increased irritability							
Unwanted thoughts and frustrations												
Psychiatric disorders												
Suicide												
Alcohol	Cirrhosis - liver disease											
	Cancer											
	Heart attacks											
	Brain Damage											
	Diabetes											
Smoking	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											
Additional Issues	Decrease in work productivity											
	Increase in crime											
	Increase in poverty											
Seniors	<ul style="list-style-type: none"> Enjoyable recreation Spend time with friends Excitement Pass the time Numb pain or chronic health issues Help forget problems Escape boredom or loneliness Escape lifestyle changes such as loss of spouse, divorce, or retirement Distraction from anxiety 	<ul style="list-style-type: none"> Preoccupation Borrowing Money Selling Personal Items Irritability, Restlessness, Withdrawal Delayed payment of bills Loss of pension benefits Loss of Social Security benefits Neglecting household duties Decline in personal hygiene Decline in health Alienation from family and friends Inability to cut back or stop gambling Extreme guilt or shame Disappear for extended periods of time Suicidal thoughts 										
	Women	<ul style="list-style-type: none"> Escape unhappy relationships Avoid Family or personal demands Avoid conflict or abuse at home Escape financial or professional problems Numb pain or chronic health issues Avoid facing difficult situations or decisions Escape boredom or loneliness Escape lifestyle changes, such as loss of spouse, divorce, or retirement For excitement A form of entertainment and socializing For the feeling of personal power and self-esteem 	<ul style="list-style-type: none"> Preoccupation Borrowing Money Selling personal items Irritability, Restlessness, Withdrawal Delayed payment of bills Neglecting household duties Defensive attitude Competitive personality Alienation from family and friends Inability to cut back or stop gambling Lying to friends and family about gambling Extreme guilt or shame Disappear for extended periods of time Suicidal thoughts 									