

Problem Gambling

Problem gambling is gambling behavior that causes disruption in any major area of life: psychological, physical, social or vocational. The term "problem gambling" includes, but is not limited to, the condition known as "pathological" or "compulsive gambling," a progressive addiction characterized by increasing preoccupations with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences. It is estimated that as many as 4 percent of gamblers may develop a gambling problem.

Two Questions To Ask Yourself

Ask yourself two simple questions:

Have you ever lied about how much you gamble?

Have you ever felt the need to bet more and more money?

Answering "yes" to either question indicates traits of compulsive gambling, suggesting the need for counseling assistance from a certified problem gambling counselor or Gamblers Anonymous. Start the road to recovery by calling a toll-free, confidential helpline.

Indiana Residents: 1-800-994-8448
Kentucky Residents: 1-800-426-2537
Residents of other States: 1-800-522-4700

WHEN IT
STOPS
BEING FUN

THIS BROCHURE IS PROVIDED BY:

This Charitable Gaming Organization

and the following organizations:



Indiana Council on
Problem Gambling, Inc.

The Indiana Council
on Problem Gambling
866-699-4274

www.indianaproblemgambling.org



The Kentucky Council
on Problem Gambling
502-223-1823
www.kycpg.org

Please call us or visit our web sites for more information on problem gambling.

Help with a Gambling Problem
is available anytime by telephone.

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Important Information for
Charitable Gaming Patrons

This brochure contains information on how to recognize compulsive and problem gambling and whom to call to obtain help. Outpatient counseling from credentialed problem gambling counselors and Gamblers Anonymous self help support groups are available for those in need.

Bingo, special charitable events, poker tournaments, and other types of charitable gaming are fun and help support community organizations. Many churches and other religious, fraternal and civic organizations benefit from charitable gaming. These events - the weekly bingo game, the occasional casino night - provide recreation and social activity for many members of the community. They spend a few dollars during an afternoon or evening with friends.

The Addicted Gambler

Yes, even bingo and other forms of charitable gaming attract problem and compulsive gamblers. While these games exist to benefit community organizations, they can become a principal attraction to the addicted gambler, who has to be in action, just as the drug addict needs a fix. Betting action to compulsive or problem gamblers embodies the excitement of winning and losing, and in their addicted state, it doesn't matter whether they win or lose. The only thing that matters is being in action. That's when the fun stops; the fun of companionship and entertainment.

Are these games bad?

No, they are not.

Are problem gamblers bad?

No, they are not.

They are our family members, our friends and our neighbors. Their lives have been overtaken by a powerful disease that can rip apart families, ruin careers and devour the hard earned resources needed for living expenses.

What Can Be Done?

What can the addicted gambler do to stop the pain? Alone, they can do very little. The gambling addiction has taken charge of their life. Help is available by calling the telephone numbers in this brochure.

Pleas by family members and friends are unheeded when the compulsive or problem gambler is in action, unless the gambler needs more money to keep on gambling. Then the addicted gambler will promise anything that brings him/her money. If you give money to bail out the gambler, he/she will promise to quit-but will not. The gambling continues because he/she is unable to stop. The path of addiction is littered with lies and tears. There is help. There is hope.

There is Help.

Help comes from organizations and professionals committed to helping compulsive and problem gamblers. Hope comes from recovery, a day-to-day process of abstinence that leads to a realization that *there is more to life than the next bingo game or handful of pull tabs.*

The path of **addiction** is littered with **lies and tears.** There is **help.**
There is **hope.**

- **Do you think that you are playing too hard?**
- **Do you have a family member or friend who is gambling to excess?**
- **Do you feel guilty about gambling too much?**

If the answer is "yes", you need more facts on compulsive gambling and how to get help.

When It Stops Being Fun

For a few, however, bingo and the various charitable games have stopped being fun. Try as they may, these individuals can not control their impulse to gamble. They play more often than they want and they spend more money than they can afford to lose because they are unable to control their compulsion to gamble. They are unable to help themselves.