

WHAT IS PROBLEM GAMBLING?

Problem gambling is gambling behavior that causes disruptions 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 preoccupation 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% of gamblers may develop a gambling problem.

WHAT HELP IS AVAILABLE?

Indiana Problem Gambling Help Line

The State of Indiana provides outpatient problem gambling treatment for those individuals who qualify for these services. These treatment providers are located throughout the State. Information about these services is available 24 hours a day, seven days a week by calling the Indiana Problem Gambling Help Line (800) 994-8448. Callers will be referred to the most appropriate resources based on their needs. All calls are confidential.

Indiana Council On Problem Gambling Web Site

Information to help problem gamblers and their families is available at the Indiana Council on Problem Gambling web-site: www.indianaproblemgambling.org. This information includes frequently asked questions, contact information for gambling treatment providers and support groups (Gamblers Anonymous and Gam-Anon) as well as links to other problem gambling resources. Additionally, statistical data on problem gambling in Indiana is also available on the web-site.

Voluntary Exclusion Program (VEP)

For individuals whose gambling activities involve casino gambling, the Indiana Gaming Commission administers the Voluntary Exclusion Program (VEP). Problem gamblers can exclude themselves from all of the casinos in the State by contacting the IGC at (317) 234-3600. Additionally, each Indiana casino administers its own responsible gaming program to assist problem gamblers.



**Indiana Council on
Problem Gambling, Inc.**

Indiana Council on Problem Gambling

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Need Help?

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ICPG Toll Free (866) 699-4274

ICPG HAS A MISSION, A PURPOSE.

The Indiana Council on Problem Gambling strives to generate awareness, promote education, and be an advocate for quality treatment of problem gamblers in the State of Indiana.



TYPES OF GAMBLING BEHAVIOR

Social Gambler - Occasional gambling that is part of leisure activities. Winning is not important.

Escape Gambler - Gambling is a coping mechanism used to avoid dealing with life issues.

Action Gambler - Gambling is a major source of entertainment, excitement, and socialization. Winning is important.

PHASES OF PROBLEM GAMBLING

Problem gamblers generally progress through four phases: winning, losing, desperation because of their losses, and hopelessness about their situation.

PROBLEM GAMBLING WARNING SIGNS

Spends a lot of time gambling - may miss work, school, family obligations, or other important events

Hides gambling losses - frequently talks about the wins but keeps losses and information about family finances to themselves

Gambles to escape - uses gambling to escape from pressures at home or work; also a person may gamble out of loneliness or grief

Suffers severe mood swings - a person's state of mind depends on whether or not gambling, the person may become anxious or angry

Bets increase in size - bets higher amounts in the hope of breaking even or winning back losses

Tries to stop gambling, but can't - a compulsive gambler may try to stop gambling, but in most cases is unable to quit without help

Most compulsive gamblers will answer yes to at least seven of these questions.

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction or suicide as a result of your gambling?

The ICPG was founded in 1996 by a group of individuals and organizations whose goal was to ensure that help was available for problem gamblers in a time of increasing types of legalized gambling in Indiana. The Council is funded by annual membership support and is a federal 501 (c) (3) not for profit organization.