



## IS GAMBLING AN OBSESSION?

- Approximately 3 million adults meet the criteria for pathological gambling each year
- Unlike alcohol or drug addiction, problem gambling has few outward signs
- Gambling traditions at home and abroad are often unnoticed until significant problems develop

## DO YOU KNOW SOMEBODY WITH A GAMBLING PROBLEM?

While it is important for a problem gambler to eventually understand that they need help, friends and family members can also call the Helpline seeking information and referral.

### HELP IS AVAILABLE.

The Helpline is a free, confidential information and referral resource.

**Call Now: 800-333-HOPE**



# YOUR MISSION WAS SECRET. YOUR GAMBLING PROBLEM SHOULDN'T BE.

## Know the Enemy: Compulsive Gambling.

If you picked up a gambling problem while serving, you're not alone. It's estimated there may be at least 36,000-48,000 active duty service members with gambling problems. Gambling in the military is fairly common because of the high-risk environment, downtime, boredom, stress, isolation and 24/7 access to online gaming. Compulsive gambling is a serious disorder, which can lead to suicide, depression, alcohol abuse and crime. Like other compulsive and addictive behaviors, problem gambling is most effectively treated through counseling from a professional treatment provider. *Now's the time to get help.*



### THE WARNING SIGNS.

- Increased frequency of gambling
- Maxing out credit lines to gamble
- Mood swings
- Isolation, withdrawal, secretive behavior
- Dishonesty or lying
- Gambling to win back debt

### THE CONSEQUENCES OF PROBLEM GAMBLING.

- Financial: stealing, fraud, bankruptcy
- Psychological: depression, suicide
- Social: isolation, withdrawal
- Vocational: decline in work performance

### IMPLICATIONS FOR MILITARY PERSONNEL.

- Impact on family relationships.
- Marital, social, occupational, financial and spiritual problems.
- Potential impact on individual readiness.

### WHAT CAN HAPPEN?

- Loss of rank
- Bad conduct discharges
- Security risk
- Divorce
- Forced retirements
- Letters of indebtedness

### NO JUDGMENT. ONLY HOPE.

- Compulsive gamblers need hope for their future, and help to address their problems.
- Help is available for friends and families of problem gamblers, regardless of whether the problem gambler seeks treatment.
- Financial resources are available for Minnesotans who cannot afford treatment.

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