



STARTING TOUGH CONVERSATIONS

PROBLEMATIC GAMBLING



Problematic gambling is the uncontrollable urge to continue gambling despite the strain it places on one's life, such as finances, relationships, and career. People who gamble risk money or belongings in a game or activity with an element of randomness or chance involved (e.g., sports betting, football pools, lotteries, raffles, casino games, cards) in an effort to win money or prizes. An estimated 10 million Americans struggle with problematic gambling. Read the information below for helpful tips and warning signs to assist either yourself or a fellow Marine who might be experiencing a gambling issue.

TIPS FOR TALKING TO A FELLOW MARINE OR LOVED ONE ABOUT GAMBLING

- Talk openly and matter-of-factly about the problem gambling and your concerns.
- Be willing to listen. Let them express themselves.
- Use open-ended questions to encourage them to elaborate on their perspective.
- Refrain from judging. Avoid debates about whether gambling is right or wrong.
- Get involved. Be available. Show concern and support.
- Encourage alternative (gambling free) activities.

WARNING SIGNS TO WATCH FOR

- Gambles with increasing amounts of money.
- Increasing frequency of gambling activities.
- Gambles in an attempt to recover money they lost ("chasing" one's losses).
- Lies to conceal the extent of one's gambling involvement.
- Jeopardized or lost relationships, jobs, or opportunities due to gambling.
- Relies on/borrows money from others for gambling or to relieve financial crises caused by gambling.
- Restless or irritable when attempting to control, cut back or stop gambling.

SUPPORT AND RESOURCES

If you or a family member are experiencing any of these symptoms or other issues due to gambling, contact your installation's Substance Assessment and Counseling Center (SACC). SACC professionals can help you evaluate the problem, provide resources and develop strategies to reduce or stop gambling behaviors.