



The Maryland Center of Excellence on  
**PROBLEM GAMBLING**



## Gambling and the Family

Problem gambling is not just an individual problem, but can disrupt entire families. Help is available and recovery is possible for families who are dealing with a gambling addiction.

**Warning signs there may be a problem:**

- Preoccupation with gambling
- Unexplained debt or other financial problems
- Unaccounted for mood changes
- Isolation and withdrawal from family and friends
- Secrecy about bills, bank statements and other financial data
- Missing personal items such as phones, jewelry, other valuables
- Borrowing of money from family friends or employer.

**If any of these statements sound like someone you know, we can help!**

**Call 1-800-GAMBLER**  
**IT'S FREE AND CONFIDENTIAL 24/7.**

## Have the conversation with your family today about the risks of gambling.

### Effects on the family:

- Erosion of financial security
- Decreased trust
- Increased isolation
- Increased stress, anxiety and depression
- Increased tension and conflict
- Disruption of closeness and intimacy

### You can help your family:

- Learn about gambling addiction, help and recovery.
- Begin an open conversation with the entire family about gambling as entertainment and negative impacts of gambling on the family.
- If you suspect someone in your family is gambling excessively, speak to them one-on-one in a calm and non-judgmental manner.
- Don't blame yourself or other members of the family. **It's no one's fault.**
- Know where your money is and develop a plan to protect the family's finances.
- Learn to say "no" when asked for money.
- Seek support for the whole family from professional counselors and other support groups (Gam-Anon).
- **Remember, help is available and recovery is possible.**



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**1-800-GAMBLER**

VISIT US ONLINE AT:

**HelpMyGamblingProblem.org**



TEXT US:  
1-800-426-2537



CHAT WITH US:  
HelpMyGamblingProblem.org



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