

# Distress Isn't Always Obvious



**Suicide Prevention  
Awareness Month**



Individuals struggling with problem gambling or gambling disorder can feel distress and a sense of helplessness when dealing with the effects of their gambling behavior. They can feel alone. And their distress isn't obvious.

## **Risk factors and warning signs include:**

- Loss – financial, self-esteem, relationships
- Coping with mental health and/or substance abuse issues
- Being a burden to others
- Feeling trapped
- Unbearable pain
- Isolation and loneliness
- Feeling of hopelessness and helplessness

## **DID YOU KNOW:**

Nearly 50% of people struggling with problems due to gambling/gambling addiction have had thoughts of suicide.

**If you, or someone who know, is feeling suicidal**

**GET HELP RIGHT AWAY**

- ⌘ Call **2-1-1 and press 1** if you and/or a loved one are at imminent risk.
- ⌘ Call the **Maryland Problem Gambling Helpline 1-800-GAMBLER** to be connected to a **Peer Recovery Specialist** or **Treatment Counselor**. Both services are offered free of charge.
- ⌘ Call the **National Suicide Prevention Lifeline** at **800-273-TALK (8255)**



The Maryland Center of Excellence  
on Problem Gambling

**HelpMyGamblingProblem.org**