



# GAMBLING

*Provided through the Marketing and Development Committee  
of the Association of Community Mental Health Centers of Kansas*



While most of us gamble responsibly, some fail to control our level of playing and are unable to stop or fail to set reasonable limits. Gambling behavior ranges from no gambling to social gambling to problem and pathological gambling. Problem and pathological gambling have a number of negative personal, familial, social, economic and health consequences.

Between 1974 and 2009 the amount of money spent on legal gambling increased 2300% from 3 billion to 90 billion. During the same approximate time period the number of adults who gambled increased from 68 to 86%. The increase has been far more dramatic for older adults than younger adults. Past year gambling almost doubled for those over 65. Americans today spend more annually on gambling than movies, recorded music, theme parks, spectator sports and video games combined.

The most alarming danger associated with gambling is the extremely high correlation between gambling and suicide. One study reported 20% of Gamblers Anonymous members had attempted suicide, and 77% had thoughts of committing suicide.

## GAMBLING ACTIVITIES

- Slot machines and casino games
- Lottery or scratch-off tickets
- Sports betting or office pools
- Cards, dice games, bingo or raffles
- On-line or internet gambling
- Car, dog or horse races

## PROBLEMS THAT CAN RESULT

- Financial debt
- Damaged relationships
- Job loss
- Loss of self-respect
- Involvement in criminal activity
- Depression and even suicide

## TYPES OF GAMBLERS

- **Action** - Usually male; gambles for the competition and power; generally play games of "skill".



- **Escape** - Tends to use machine games; gamble more for relief or escape from problems and may suffer from depression.

## KINDS OF GAMBLERS

- **Social** - Gambles only occasionally for "fun" and sticks to the limits they have set for themselves.
- **Serious Social** - Still gambles for fun, but does it on a more regular basis as a hobby, or avocation, but do not spend more time or money than can afford.
- **Problem** - Beginning to have problems due to gambling. They meet 3 or 4 gambling self-assessment criteria. (See back of card.)
- **Pathological** - Sustains major problems due to gambling. They meet 5 or more of the gambling criteria.
- **Professional** - Someone who gambles as a way of earning a living (truly very rare). Almost all those who call themselves professional gamblers, are pathological gamblers.



# GAMBLING

## SELF-ASSESSMENT



The “easiest” assessment tool is the **Lie-Bet Screening Tool**:

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gambled?

Gamblers Anonymous® offers the following 20 questions to anyone who may have a gambling problem. These questions are provided to help the individual decide if he or she is a compulsive gambler and wants to stop gambling. 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. Did you ever gamble to get money to pay debts or otherwise solve financial difficulties?
3. After losing, did you feel you must return as soon as possible and win back your losses?
4. Have you ever gambled to escape worry, trouble, boredom or loneliness?
5. Have you ever committed, or considered committing an illegal act to finance gambling?
6. Did gambling cause you to have difficulty in sleeping?
7. Do arguments, disappointments or frustrations create within you an urge to gamble?
8. Did you ever have an urge to celebrate any good fortune by a few hours of good gambling?
9. Have you ever considered self destruction or suicide as a result of your gambling?
10. Were you reluctant to use “gambling money” for normal expenditures?
11. Did gambling make you careless of the welfare of yourself or your family?
12. Has gambling ever made your home life unhappy?
13. Did gambling affect your reputation?
14. Have you ever felt remorse after gambling?
15. Did gambling cause a decrease in your ambition or efficiency?
16. Did you ever gamble longer than you had planned?
17. After a win, did you have a strong urge to return and win more?
18. Did you often gamble until your last dollar was gone?
19. Did you ever borrow to finance your gambling?
20. Have you ever sold anything to finance gambling?



**Gambling addiction can happen to anyone, any age. If you struggle with a gambling problem, or if you are impacted by a loved one struggling with problem gambling, please get help. You can get confidential, no cost assistance by calling the Kansas Problem Gambling Helpline at (800) 522-4700.**

## MORE INFORMATION



*Mental Health Matters*

**Toll Free 866-973-2241**

**[www.sekmhc.org](http://www.sekmhc.org)**

**Chanute, 402 S. Kansas, 620-431-7890**  
**Fort Scott, 212 State, 620-223-5030**  
**Garnett, 519 S. Elm, 785-448-6806**  
**Humboldt, 1106 S. 9th, 620-473-2241**  
**Iola, 304 N. Jefferson, 620-365-5717**  
**Pleasanton 505 W. 15th, 913-352-8214**  
**Yates Center 204 S. Main, 620-625-2746**

**Serving Allen, Anderson, Bourbon, Linn, Neosho and Woodson Counties**