



When GAMBLING is a PROBLEM

Cuando APOSTAR es un PROBLEMA

When GAMBLING is a PROBLEM

Nationwide there is a general lack of data about Latino problem gambling. However, the belief that there are higher levels of problem gambling in Latino communities may be consistent with other health disparities data. And non-traditional, culturally-tied gambling activities – such as underground cock fights, dice games, and widespread video slot machine gambling at bodegas suggest a strong need for problem gambling prevention, intervention, and treatment programs that are culturally and linguistically competent.

While most people see gambling as a harmless recreational activity and can gamble responsibly, some people gamble excessively and cause great harm to themselves and the people around them.

Problems arise when people continue to gamble despite severe consequences in one or all areas in their lives. Some may show symptoms of “withdrawal,” similar to that experienced by people addicted to drugs or alcohol.

This can happen while engaging in any form of gambling: casino gambling, video slot machines, cock fights, card games, sports betting, dice games, lottery scratch tickets, even stock trading and internet gambling.

If you answer “yes” to one or both of the following questions, you may have a problem with gambling:

1. *Have you felt the need to bet more and more money?*
2. *Have you ever had to lie to people about your gambling?*

Unlike other addictions, where those under the influence may appear intoxicated or “high,” problem gamblers usually do not exhibit easily recognizable signs. However, there are signs that may indicate someone is experiencing a gambling problem.

WARNING SIGNS

You may have a problem with gambling if you:

- spend more time or money on gambling than you intended
- gamble with money meant for essentials such as food, rent, etc.
- neglect important responsibilities, such as work, school or family
- lie about or cover up your gambling activities
- borrow money to gamble and try to get your money back
- feel regret about your gambling behavior and think about it often



WHERE TO GET HELP

Is gambling a problem for you or someone you care about?

Problem gambling is not a sign of moral failure or weakness. It is a behavioral disorder. Just like other addictions, it is treatable and many people have recovered with professional help or self-help options

The Massachusetts Council on Compulsive Gambling is a private, non-profit agency dedicated to helping people whose lives are touched by gambling problems

INTERESTED IN LEARNING MORE?

Please call the confidential helpline or visit the organization’s Latino website and request a free self help toolkit, available in both English and Spanish.

English Helpline: 800-426-1234

Spanish-Language Helpline: 857-383-3558

Latino Website:
www.latinoproblemgambling.org