

MENTAL HEALTH AND PROBLEM GAMBLING

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A RECENT SUCCESS

A 48 year old male, addicted to casino card games, called the [1-888 ADMIT-IT](tel:1-888-ADMIT-IT) helpline. He was gambling away half of his income, and owed \$40,000 in gambling debt on credit cards and to friends. When he called the FCCG, he had already filed bankruptcy once and was pawning items to gamble. After speaking with a peer connect, he has used the FCCG's budget tool to assess his situation and has now began repayment of his gambling debts in order to repair his financial situation and mend relationships.

ARE YOU BETTING WITH YOUR LIFE?

Since 1949, the month of May has been observed as Mental Health Awareness Month in the United States. According to the National Alliance on Mental Health, **1 in 5** Americans will be diagnosed with a mental health condition in their lifetime.

It is important to understand the following signs of mental illness, as often, these symptoms mirror those indicative of a gambling disorder:

- Diminished interest or pleasure
- Change in appetite and/or weight
- Change in sleep pattern
- Change in activity level
- Fatigue or loss of energy
- Feelings of worthlessness
- Decreased concentration
- Recurrent thoughts about death.

Problem gambling and emotional difficulties are frequently co-occurring. According to data collected by the Florida Council on Compulsive Gambling's (FCCG) [888 ADMIT-IT](tel:1-888-ADMIT-IT) helpline, in 2015-2016, significant emotional problems such as

Anxiety (77%), Depression, (70%), and Suicidal Ideation (29%), were reported by problem gamblers.

According to National Statistics, **1 in 5** gambling addicts will attempt suicide, about twice the rate of other addictions. With an estimated eight million problem gamblers in the U.S., the potential for higher suicide rates is staggering.

In addition to the impacts face by problem gamblers, family members, friends, co-workers and others can experience emotional repercussions due to this addiction as well. Statistics show that an average of **8-10 other** people are also negatively affected by each problem gambler.

The good news is that the FCCG is here to help. Did you know that anyone experiencing difficulties due to a gambling problem can receive free counseling with a professional that specializes in gambling addiction through the [FCCG's Recovery Path Program](#)?

This resource is available through the 24/7 [888-ADMIT-IT](tel:1-888-ADMIT-IT) Helpline for problem gamblers and their loved ones in need of professional mental health assistance. This amazing program helps callers in need receive treatment services regardless of their ability to pay.

Free counseling, peer supports, group meetings, legal and financial resources, literature, budget assistance and much more are just a phone call, text or chat away...



REGISTER

INTERESTED IN BECOMING A CERTIFIED GAMBLING ADDICTION COUNSELOR?

REGISTER NOW TO TAKE OUR FREE 60 HOUR GAMBLING COUNSELOR CERTIFICATION TRAINING.

Contact us today for assistance!

[1-888-ADMIT-IT \(236-4848\)](tel:1-888-ADMIT-IT)

Live Chat at www.gamblinghelp.org

Text to [321-978-0555](tel:321-978-0555)

Email to fccg@gamblinghelp.org