

# Gambling Disorder: The Hidden Addiction's Connection to Suicide

Suicide, attempted suicide and suicidal ideation is common among problem gamblers. Since there are no outward signs of gambling disorder, they can hide their addiction until their situation is dire. By the time people with gambling disorder "reach bottom," they face serious financial problems, their families and relationships are in ruin, and the sense of hopelessness is pervasive.

Problem Gambling is a preoccupation with gambling and obtaining money to gamble; irrational thinking; and a continuation of the behavior despite adverse consequences. Gambling is a problem when it disrupts or damages your:

- » Mental or physical health
- » Emotional, social, or spiritual health
- » Work, school or other activities
- » Relationships
- » Finances
- » Reputation

## Problem gamblers may be experiencing:

Panic  
Worry  
Bankruptcy  
Insomnia  
Abuse  
Getting fired  
Grief  
Criminal charges  
Debt acts as a constant reminder

Divorce  
Loss of trust  
No way out  
Feeling Alone  
Guilt  
Remorse  
Shame  
Domestic violence  
Financial Devastation

## By the numbers:

- » **49%** of people struggling with gambling disorder have thoughts of committing suicide
- » **1 in 5** problem gamblers attempt suicide, more than double other addiction
- » **1-3%** of the adult population of the U.S. has a gambling problem
- » **1-6%** of youth may satisfy diagnostic criteria for a gambling disorder
- » Surveys show that about **10-15%** of American youth have experienced gambling – related problems
- » **20%** of those who are homeless have a gambling disorder
- » The average gambling debt is between \$63,000 and \$110,000
- » **60%** of those addicted to gambling will commit crimes
- » **63%** of those addicted to gambling may fit the criteria for alcohol use disorder

**Contact AdCare Educational Institute of Maine to schedule a 1-hour "Problem Gambling 101" training, at no cost, for your group. We can come to your facility or do a webinar.**

Research indicates that most adults who choose to gamble are able to do so responsibly. AdCare is gambling neutral. Our goal is to make resources and education available to Maine people so they will be able to recognize and address problem gambling to reduce its impact on individuals, businesses, and communities.

### Contact:

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The mission of AdCare Educational Institute is to advance awareness, knowledge and skills in the prevention, intervention, treatment, and recovery of substance misuse and related public health issues.

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