



## GAMBLING

### *How much is too much?*

- Casino is the **only form of socialization**.
- Unreasonable optimism** about wins.
- Frequent need to **borrow money**.
- Alienation of friends** to gamble alone.
- Increased consumption** of alcohol.
- Obsessive **drive to win** back losses.
- Irritability, restlessness and **quick to anger**.
- Pawning items** or taking money from others.
- Physical symptoms** of stress and worry.
- Loss of self-esteem, **thoughts of suicide**.

[www.asaging.org](http://www.asaging.org)

[www.addictionrecov.org](http://www.addictionrecov.org)

## IMPORTANT FACTS:

**Pathological gambling** is a mental health disorder with similarities to substance abuse.

This chronic, progressive illness has been coined a *disorder of impulse control*.

**Five to 10%** of older adults who gamble are pathological gamblers.

The lure of gambling becomes so strong individuals may **stop taking medications** and/or **skip meals** to have extra funds.

**Only 3%** of pathological gamblers obtain professional treatment.

Of those seeking treatment, one-third are in the process, or have, **filed bankruptcy**.

Aged problem gamblers are at a **greater risk of suicide**.



OKLAHOMA MENTAL HEALTH & AGING COALITION

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[www.omhac.org](http://www.omhac.org)

Don't lose your life to gambling.  
There are **local programs** to help.

*Please call for more information  
or log on to the OMHAC website.*

#515  
[www.odmhsas.org](http://www.odmhsas.org)  
405-522-3810

**Please seek help if you are experiencing any of the indicators listed.**