



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

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

(405) 942-8500 ext. 122

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.*

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