



# Find help and hope

for alcoholism, drug abuse or problem gambling

Call or Text

## 1-877-8-HOPENY

Text: HOPENY (467369) 1-877-846-7369

Available 24 hours / 7 days



Office of Addiction Services and Supports

[www.oasas.ny.gov](http://www.oasas.ny.gov)

*Offering help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling.*

*All calls are anonymous and confidential.*

Call

### 1-877-846-7369

Or Text

### HOPENY (467369)

NEW YORK STATE  
Office of Addiction Services and Supports

**New York State Office of Addiction Services and Supports (NYS OASAS)**

501 7th Avenue | New York, New York 10018-5903 | [oasas.ny.gov](http://oasas.ny.gov) | 646-728-4720  
1450 Western Avenue | Albany, New York 12203-3526 | [oasas.ny.gov](http://oasas.ny.gov) | 518-457-4384

# Problem Gambling

It Affects Family and Friends



Office of Addiction Services and Supports



## PROBLEM GAMBLING

For most people, gambling is a fun, recreational activity. But for some, gambling behaviors become problematic, affecting many areas of their lives. Those people closest to the problem gambler often suffer as much, if not more than the problem gambler. Problem gambling can affect anyone regardless of age, gender, race or social status.

### What is Problem Gambling?

People with a gambling problem often bet with money that they can't afford to lose. As they spend more and more time gambling, they may start to neglect family, friends, work and social obligations. They may even neglect themselves – not eating or sleeping properly and not caring about their appearance.

People with a gambling problem often borrow money to gamble. Credit cards may be maxed out or second mortgages taken out on a home. Despite negative consequences, they may continue to chase after losses while denying they have a problem.

People with gambling problems may lie about their gambling and may do things that compromise their own personal values, such as engaging in illegal acts.

## WARNING SIGNS OF PROBLEM GAMBLING

- Spending more time thinking about gambling
- Needing to gamble with more and more money
- Becoming restless or irritable when trying to stop or cut down on gambling
- Gambling to escape problems or feelings of depression or anxiety
- Losing money by gambling and returning another day to get even
- Using credit cards for cash advances.
- Lying to family or others about gambling activities



- Repeating unsuccessful attempts to control gambling by cutting back or stopping
- Committing illegal acts to finance gambling or pay gambling debts
- Risking or losing a significant relationship, job, educational or career opportunity because of gambling
- Seeking financial bailouts or help from others to relieve a desperate financial situation

## WHEN THEIR PROBLEM IS YOUR PROBLEM

If you are the spouse, family member or friend of a problem gambler, it is important for you to take care of yourself and realize that you are not responsible for the problem gambler's behavior. Even if your loved one is not ready or willing to get help, confidential help is available for you.

For additional resources and to learn more about problem gambling visit:

Help a friend. Help a family member. Help yourself.

Prevention, treatment, and recovery services

For help & information  
OASAS.ny.gov

Call: 1-877-846-7369 (1-877-8-HOPENY)  
Text: 467369 (HOPENY)

24 hours a day, 365 days a year  
All calls are toll-free, anonymous and confidential.



Office of Addiction  
Services and Supports

## Contact Us

### NYS OASAS

1450 Western Avenue | Albany,  
New York 12203– 3526

518-457-4384

501 7th Avenue | New York, New York 10018-5903

646-728-4720

[www.oasas.ny.gov](http://www.oasas.ny.gov)  
[oasas.ny.gov/problem-gambling](http://oasas.ny.gov/problem-gambling)