FOR HELP

free of charge

If you are concerned about your own gambling, or someone you care about, you can get help or answers.

1-800-GAMBLER

California Office of Problem Gambling
www.problemgambling.ca.gov

California Council on
Problem Gambling
www.calproblemgambling.org
info@calproblemgambling.org

California Lottery
Problem Gambling Helpline
1-888-277-3115
www.calottery.com/playresponsibly

Gam-Anon, International Service Office
(A 12-step self-help group for family members of problem gamblers)
www.gamanon.org/gamanon/index.htm
info3@gam-anon.org

Gamblers Anonymous
(12-Step Self-Help Groups)
www.gamblersanonymous.org
isomain@gamblersanonymous.org

NICOS Chinese Health Coalition
Problem Gambling Helpline –
San Francisco area only
(Mandarin and Cantonese languages)
1-888-968-7888
www.nicoschc.com/index.html
nicos@nicoschc.com

OFFICE OF
PROBLEM GAMBLING
California Department of
Alcohol & Drug Programs

1700 K Street Sacramento, CA 95814-4037

YOUTH GAMBLING

California Office of Problem Gambling

"The best way to predict your future is by creating it"

-unknown

What's the DEAL?

Gambling, like other addictions, (alcohol, tobacco & other drugs) evolve as you get older. The earlier you start, the worse it can get and the consequences WILL catch up. The legal gambling age, like that of alcohol consumption, is set for a reason: to protect you from getting too caught-up in the habit.

Problem gambling is behavior that can lead to a severe impulse control disorder which leaves an individual helpless to resist the urge to gamble. Like most addictions, this can eventually lead to distress and problems for the gambler and others.

What you have to understand is that no matter how much or whatever it is that you're betting on does NOT matter. Playing the game is the risk.

Forms of Youth Gambling

Internet
(e.g., online gaming, casinos & sporting events)
Poker
Private bets
Games of skill
(e.g., golf, basketball, bowling, pool)

Casino Games
(e.g., blackjack, craps, roulette & slot machines)
Raffles
Cards/dice
Mah Jong

* As with adults, problem gambling among adolescents is associated with high rates of substance abuse, illegal activities, poor school performance, truancy, suicide, depression and deep feelings of unhappiness.

* According to the American Psychiatric Association, 10 to 15 percent of young people surveyed have significant gambling problems; 6 percent of the teens who have tried gambling have become pathological gamblers.

People with gambling problems often have distorted thinking including:

- Gambling is an easy way to earn money
- My gambling is under control
- I'm smart and I have a system to beat the odds
- Gambling is the solution to my problems.
- I can win the money back
- Borrowing to gamble is okay
- Stealing to gamble isn't really stealing
- The more I gamble the better chance I have to win

Signs of a Potential Problem Gambler:

- ☐ Gambling to escape boredom and loneliness
- ☐ Fantasizing that you can "get rich quick" by gambling
- ☐ Gambling to impress friends and others
- ☐ Friends and family members expressing concern about gambling
- ☐ Unexplained absences from school and sudden drop in grades
- ☐ Spending majority of money on gambling
- ☐ Getting in trouble with the law because of gambling
- ☐ Experiencing self-destructive thoughts due to gambling
- ☐ No longer spending time with friends who don't gamble
- ☐ Wanting to stop gambling but not knowing how to do it
- ☐ Losing a job because of gambling
- ☐ Damaging relationships with parents or others because of gambling
- ☐ Getting into a fight because of gambling
- ☐ Lying about your problem gambling
- ☐ A need to bet more and more money to maintain the thrill

If you or someone you know is experiencing any of the difficulties listed above, it could mean that gambling is a problem.

For Help Call: **1-800 -GAMBLER** 24 hours a day / 7 days a week