

FOR NO-COST,
CONFIDENTIAL HELP CALL:

1-800-GAMBLER

1-800-426-2537

TTY Services please call: 1-800-722-0997

(24 hours a day, 7 days a week)
Interpreting Services Available

Choose from a variety of services:

Telephone Counseling - Make appointments to speak over the phone with a counselor who specializes in problem gambling.

Outpatient Counseling - Make appointments to speak with a counselor in a one-on-one private setting.

Group Counseling - Participate in group counseling with gamblers, affected family members or mixed groups.

Intensive Outpatient - Work with trained counselors three hours per day, three times per week.

Residential - A 30-day inpatient program where gamblers will reside at a licensed facility and receive 15 hours of problem gambling-related counseling per week.

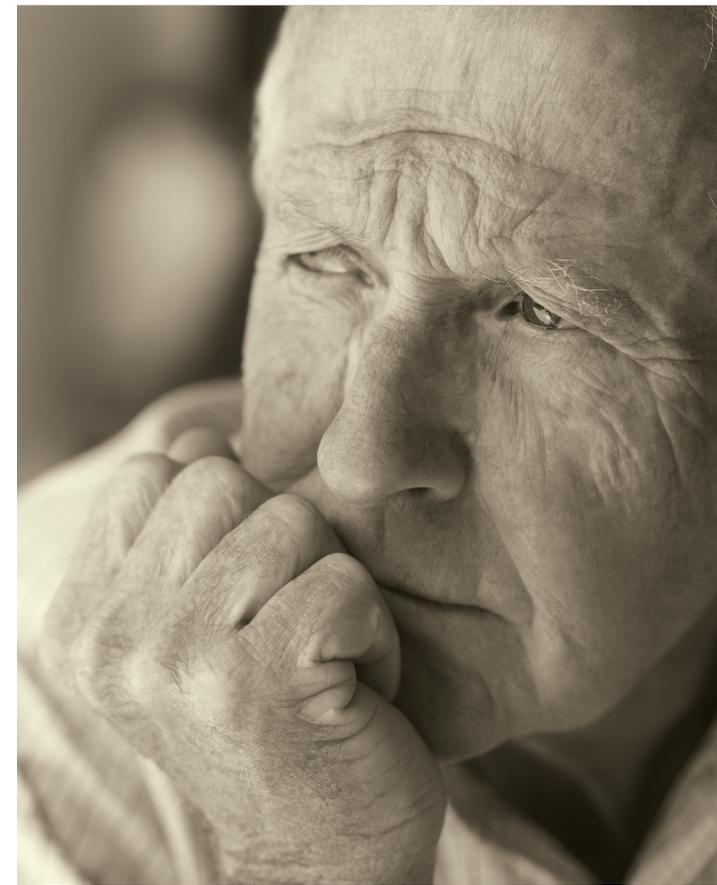


www.problemgambling.ca.gov

**For Additional
Information:**



Office of Problem Gambling
opg@cdph.ca.gov
problemgambling.ca.gov
916-327-8611



**Are You
Gambling Away
Your
Retirement?**

"I want to have fun with gambling, but I can't afford to lose."

-Former CalGETS Client

California Department of Public Health

PLAYING THE GAME

Many seniors may turn to gambling, not only as a social and entertainment activity, but also as a means of trying to deal with loss, grief, and/or boredom. The trend is rising for baby boomers who are retiring and more older adults are gambling. They play games of chance like Keno, slots, cards, horse track, bingo, lottery, sports betting, stock market, sweepstakes or internet gambling. While most gambling does not cause problems, some people do become “hooked” on gambling, just as some people become dependent on alcohol.

The consequences can be severe. Older adults who develop a gambling problem are in danger of losing their life savings. Unlike a younger person, seniors have limited opportunities to replace money lost on gambling. Starting over financially can be difficult.

REDUCE RISK

Low-risk gambling is a way of playing without creating the problems you would experience if you lose control. The key to low-risk gambling is to realize “it’s only a game.”

Follow these tips:

- Set a limit for money and time spent
- Never borrow money to gamble
- Balance gambling with other activities

WHY OLDER ADULTS TYPICALLY GAMBLE

- To socialize
- Boredom or loneliness
- For excitement
- To avoid thinking about problems
- Loss of a loved one
- Unrealistic hopes of large winnings



CAN PROBLEM GAMBLING AFFECT YOUR HEALTH?

Yes. Problem gamblers have been found to have poorer overall health. Statistics show that they visit emergency rooms more often for physical and mental health conditions, smoke more than one pack per day, are more likely to be obese, avoid regular exercise, and are more likely to put off medical care due to financial problems.

DO YOU HAVE A GAMBLING PROBLEM?

- Have you ever tried to cut down or control your gambling?
- Have you ever lied to family members, friends, or others about how much you gamble or how much money you lost gambling?
- Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?

DO YOU KNOW SOMEONE WITH A GAMBLING PROBLEM?

- Is there a gambler in your life who has lied about how much or how often they gamble?
- Is there a gambler in your life who cannot cut down or control their gambling?
- Are you experiencing negative consequences due to problem gambling behavior, such as debt, depression, guilt or shame?

If you answered yes to any of these questions you or someone you know may have a gambling problem. Call 1-800-GAMBLER or go to problemgambling.ca.gov for more detailed information.