



MARCH IS NATIONAL PROBLEM GAMBLING AWARENESS MONTH

March, 2021.

THE FACTS

According to the American Psychiatric Association (APA)¹, gambling disorder involves repeated problematic gambling behavior that causes significant problems or distress. The fifth edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5) classifies gambling disorder in the category of Substance-Related and Addictive Disorders.

There are gambling opportunities everywhere, either in casinos, grocery stores, gas stations, sports bars and churches, and even online. Gambling is a popular form of entertainment, and for many people, it is a spontaneous social activity and has few negative effects, yet, for some individuals, gambling can bring devastating consequences such as lead to financial problems, damage relationships, losses of property, careers and reputations, and much more.

COVID-19 AND PROBLEM GAMBLING

As reported by the National Council on Problem Gambling², individuals with gambling problems may be impacted more severely by the COVID-19 pandemic due to increased individual health risks, shifting gambling preferences.

The health risks for these individuals may be exacerbated by this time of uncertainty and stress, and job changes and financial stresses may well play a role. Symptoms may include depression, anxiety and even suicidal thoughts, which may trigger an urge to gamble — especially for people in recovery or those with existing symptoms of gambling disorder.

THE CULTURAL ASPECTS

In most Latino communities, gambling is culturally accepted as a social method of entertainment and an opportunity to socialize while playing and spending time together.

For that reason, it can be difficult to identify some of the warning signs of the problem.

HERE ARE SOME WARNING SIGNS OF PROBLEM GAMBLING



Borrowing for gambling



Lying about how much time or money is spent on gambling



Hiding time spent on gambling or hiding bills or unpaid debts



Spending a lot of time gambling, thinking about or planning to gamble



Restless or irritable when not gambling



Bragging about winning, exaggerating wins and/or minimizing losses

For support and additional information:

The National Problem Gambling Helpline Network
(1-800-522-4700).

Operated by The National Council on Problem Gambling. The network is a single national access point to local resources for those seeking help for a gambling problem.

The National Problem Gambling Helpline Network Helpline Chat

<http://www.ncpgambling.org/CHAT>

SAMHSA's Disaster Distress Helpline

Toll Free: 1-800-985-5990 (español e inglés) Text in Spanish: Envíe "Háblanos" al 66746 Text in English: "TalkWithUs" al 66746 (TTY): 1-800-846-8517 English: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Spanish: <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365) Treatment Referral Information Service in English and Español)

Website: <https://www.samhsa.gov/find-help/national-helpline>

Click here to learn about more about the [National Hispanic and Latino Addiction Technology Transfer Center](#)

Click here to learn about more about the [National Hispanic and Latino Prevention Technology Transfer Center](#)

¹ American Psychiatric Association: <https://www.psychiatry.org/patients-families/gambling-disorder/what-is-gambling-disorder>

² National Council on Problem Gambling <https://www.ncpgambling.org/covid/>