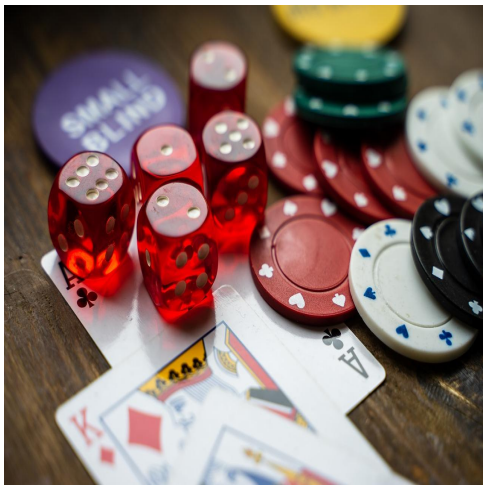


310 W. Main Street  
Ottumwa, IA 52501  
641-683-6747

## Problem Gambling

### What is Gambling?

Gambling means buying lottery tickets, gambling at a casino, playing cards or dice for money, betting on sports games, playing slot machines, video poker, or other video gambling, gambling on the internet, betting on horses or dogs, playing bingo or keno.



### What to look for?

- Irritability
- Mood Swings
- Sleep disturbances
- Obsessive thinking about gambling
- fantasizing about past/future ventures, and cravings
- Cravings/Urges/thoughts about gambling- uncontrollable at times

### When a person develops a disorder they tend to:

- Spend a lot of time thinking about gambling
- Experience overwhelming urges to gamble
- Risk more and more money
- Spend more time gambling than they originally plan too.
- Unable to maintain relationships
- Unable to meet responsibilities at work or home

### What are the effects?

Depression, Anxiety, Sleep disturbances, Abuse of alcohol/drugs, financial problems and relationship problems. Problem gambling can affect physical health by causing obesity, urinary tract infection, intestinal disorder and hypertension.

Problem Gambling is also associated with many forms of mental disorders such as PTSD, ADHD and bipolar disorder. Problem Gambling has the highest suicide rate of all addiction disorders, 1 in 5 people with a problem gambling disorder will attempt suicide. Up to 34% of Problem gamblers experience extreme anxiety in the form of PTSD.

## Family Dynamics

Common gambling problems reported by family members include:

- the loss of household or personal money
- Arguments
- anger and violence
- lies and deception
- neglect of family
- negatively affected relationships
- poor communication;
- confusion of family roles and responsibilities
- the development of gambling problems or other addictions within the family

## Effects on Children

- Loss of sense of safety and security
- Low self esteem
- Emotional Problems
  - Worry
  - Irritability
  - Crying frequently
  - Decreased smiling/laughing
- Physical health discomfort
- Sleep difficulties
- Eating problems
- School behaviors
  - Unable to follow rules
  - Trouble making/maintaining friends
  - Focusing
- Behavioral Problems
  - Difficulty listening
  - Defiant/aggressive behavior
  - Self-harm
  - Substance abuse
  - Gambling

## Know someone in trouble or need help yourself?

### Problem Gambling Services:

Crisis counseling to address immediate concerns  
 Assessment services to determine the scope of the issues  
 Counseling for individuals, couples, and families

### Contact Us:

Toll Free: 800-622-8340  
 24 hour Crisis Phone: 641-777-0327  
 Main office: 641-683-6747  
 Email: [sieda@sieda.org](mailto:sieda@sieda.org)  
 Website: [www.sieda.org](http://www.sieda.org)

### Other Contacts:

1-800-BETSOFF  
 1800BETSOFF.ORG