

March 2019

# Royal Throne



“The only thing that overcomes hard luck is hard work.” - Harry Golden

## March is Problem Gambling Awareness Month

For many, gambling is fun and entertaining; but for others, gambling can cause them to lose the things they value the most, including their family, friends, home, job, savings, business, and other important parts of their lives. Because there are no physical signs of a gambling addiction, it is often referred to as a hidden addiction; this can make it hard to recognize that your loved one is a problem gambler. Gambling addiction is a diagnosable and treatable mental health disorder.

<http://problemgamblingawarenessmonth.org>

Often times when considering the forms of gambling, people acknowledge those in a casino setting, but there are many **types of gambling**, including:

- ◆ Slots
- ◆ Cards
- ◆ Racing
- ◆ Sports betting
- ◆ Fantasy sports league betting
- ◆ Internet
- ◆ Bingo
- ◆ Raffles
- ◆ Office pools
- ◆ Commodities
- ◆ Stock Market
- ◆ Lottery games (scratch, PowerBall, etc.)

There are many indications that someone is a problem gambler. Look for a combination of any of the following **signs & symptoms**:

- ◆ Spending long, unexplained periods of time away from home
- ◆ Secretive/cannot be trusted with money
- ◆ Late or unpaid bills
- ◆ Excessive unexplained credit card expenses
- ◆ Personality changes (anger, irritability, etc.)
- ◆ Increasing bet amounts when gambling to achieve desired excitement (the “high”)
- ◆ Gambling to recover losses or to escape problems
- ◆ Lying to cover up or deny gambling
- ◆ Borrowing money to gamble or to pay debts
- ◆ Trying unsuccessfully to control gambling

New Opportunities recognizes that Gambling Use Disorders can affect anyone, and we want to help! If you think you or someone you care about is experiencing any of the signs and symptoms of problem gambling, contact New Opportunities Behavioral Health Treatment Department at **712-792-9266!**

Visit [www.newopp.org](http://www.newopp.org) to see our now mobile-friendly website’s new look and upgraded functionality!

