

## WARNING SIGNS OF A GAMBLING PROBLEM

Do you ever...

- Lose time from school or work due to gambling?
- Gamble longer than you had planned?
- Gamble to escape worries or trouble?
- Have an urge to celebrate good fortune by a few hours of gambling?
- Borrow money to gamble or pay gambling debts?
- Neglect the welfare of yourself or your family due to gambling?
- Gamble to get money to solve financial difficulties?
- Make promises to yourself or others to stop gambling, only to return to gambling again?

If you or someone you know is experiencing any of these things, Help is Available!

For immediate, confidential information and assistance, please call:

### **GAMBLERS HELPLINE**

**1-888-777-9696**

24 hours a day, 7 days a week

Winners Know When to Quit

### **INFORMATION**

For general information or inquiries, please call the Mississippi Council on Problem and Compulsive Gambling at:

601.853.8351

Monday - Friday • 9AM - 5PM

[www.msgambler.org](http://www.msgambler.org)

# MISSISSIPPI PLAY SMART

## Understanding Compulsive Gambling

Mississippi Gaming Commission  
13118 US Hwy 61 North, Suite 312  
Robinsonville, MS 38664  
(662) 363-3073

# GOLD STRIKE

## THE HIDDEN ADDICTION

Most Americans are social gamblers who can enjoy the fun of gambling without harmful effects. Some gamblers, however, are unable to control their gambling and are referred to as Compulsive Gamblers.

Compulsive Gambling is not just a “bad habit.” It is an emotional illness recognized by the American Psychiatric Association. Just as some people can become addicted to alcohol or drugs, compulsive gamblers become obsessed with an uncontrollable urge to gamble.

Action is what Compulsive Gambling is all about. Being in ACTION (gambling) is like taking a tranquilizer or stimulant to put the gambler in the desired mood. The effect, however, wears off when the gambler must face the reality of lost money and time.

As the stress increases, the Compulsive Gambler finds he/she must seek relief through even more gambling. The result is a progressive financial and emotional deterioration, which can destroy both the gambler and his/her family.

It is estimated that the Compulsive Gambling affects two to five percent of adults who gamble. Compulsive Gambling can affect men and women of any age, race or religion, regardless of their financial or social status.

## COMPULSIVE GAMBLING IS AN ILLNESS

Identified by the American Psychiatric Association as “Pathological Gambling” it is an impulse control disorder, which causes the same kind of negative consequences as drugs or alcoholic addiction.

## COMPULSIVE GAMBLING DOES NOT DISCRIMINATE

Compulsive Gamblers come from all walks of life and can look just like you and me! You cannot be too smart, too old, too young, too successful, or too religious to develop a gambling problem. There is no sure way to predetermine who will suffer from this disorder.

## COMPULSIVE GAMBLING IS EASY TO DENY

Unlike drug and alcohol addiction, Compulsive Gambling lacks many of the outward signs that would indicate there is a problem. There is no blood test to determine a person’s gambling level. Gamblers often look “normal” until the later stages of the disorder. The gambler will not slur his speech or stumble when he walks. He can convince himself and others that he only has a temporary money problem and that will soon be okay.

## COMPULSIVE GAMBLING CAN BE TREATED

Resources are available within our community to treat this problem and to provide support for the individuals and families being affected by compulsive gambling.

## GAMBLERS ANONYMOUS

A 12-step support group for the Compulsive Gambler. Through GA many have found the support and suggestions necessary to stop gambling and live healthy, happy lives.

## GAM-ANON

A 12-step support group for the spouse, family and friends of the Compulsive Gambler, who may need help to cope with the emotional and financial stress associated with this disorder.

## PROFESSIONAL COUNSELING

Trained therapists and addiction counselors can help the gambler to understand this addiction and develop new coping skills to deal with the stress of everyday living. Intensive outpatient programs as well as inpatient and residential treatment are also available.

## MISSISSIPPI GAMING COMMISSION SELF-EXCLUSION PROGRAM

A patron can voluntarily request to be self-excluded from gaming activities at all licensed casino establishments in the State of Mississippi by appearing personally at any office of the Mississippi Gaming Commission. Forms for Self-Exclusion can also be obtained from all licensed casinos. Self-Exclusion under the Mississippi program means exclusion from the entire premises of all Mississippi casinos, including all gaming areas, restaurants, hotels, entertainment venues and golf courses. It further excludes the patron from the issuance of gaming credit, check-cashing privileges, the receipt of direct-marketing and promotional materials regarding gaming opportunities, junket solicitations, player club memberships, complimentary goods and collection of winnings or recovery of any losses during the exclusionary period. For further information on this program please call the Mississippi Gaming Commission at 662.363.3073 or 1.800.497.8550.

MUST BE 21 OR OLDER TO GAMBLE.