

Younger Adult Gamblers

Ages 18-34

WARNING SIGNS OF YOUNGER ADULT PROBLEM GAMBLING

Problem gambling creates serious issues for younger adult gamblers and their families. It may interfere with relationships, education and/or work, and include diversion of funds intended for other uses. The gambler may incur debts of substantial amounts to continue the activity.

Behaviors that may indicate the existence of a gambling disorder may include:

Increased interest in sports betting, fantasy leagues, video/online/mobile gaming

Increased interest or participation in card games like Poker or Texas Hold'Em

Loss of interest in hobbies, physical exercise and/or extracurricular activities

Sudden, unexplained or exaggerated need for money

Borrowing money repeatedly from family members and friends

Unexplained appearance of extravagant goods or possessions

Problems at work; secrecy and/or lying about whereabouts

Isolation and withdrawal from family, friends and colleagues

Increased irritability, hostility or defensiveness

Creditors or collectors calling frequently

Valuables missing from the home

Non-payment of rent/mortgage, utilities, car payments

Physical evidence: bank statements, credit card bills, lottery or scratch tickets

**If you suspect that your loved one has a gambling problem,
call 1-800-777-7207**