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