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Gambling Alert - July 25, 2022



A gamble on your mental health, the study sees risk in betting

CHAMPAIGN, Ill. (WCIA) — When Shane Cook, the gambling program director of Gateway Foundation, an addiction treatment non-profit, read the Illinois Department of Human Services' study on gambling addictions, he wasn't surprised.

“For the majority of people, they can enjoy gambling, as a form of recreation,” Cook said. “For others, though, when you get into the problem gambling area, and those people that are at risk, it becomes a little bit more...it can cause anxiety and a real compulsion to get back to the table or get back to the video terminal and to continue.”

According to that study, 3.8% of Illinoisans had a gambling problem in 2021. They estimate an additional 7.7% of Illinois adults are at risk for a gambling problem.

Illinois has loosened several restrictions on gambling recently. Starting in 2020, the state legalized betting on sports games. And in March, they removed a restriction to let residents sign up anywhere in the state.

Despite new avenues, the lottery is still the most popular form of gambling in Illinois. IDHS found that adults in the state spend on average \$275 on the lottery per person in fiscal year

2020. [READ](#)

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