

## Signs & Symptoms

If you can identify one or more of the following in yourself or someone you know, you or they may have a gambling problem.

- Lying to friends and family about gambling.
- Borrowing money from friends or family, or running up credit cards to gamble.
- Neglecting responsibilities (job, family, school) due to preoccupation with gambling.
- Preoccupied with gambling, often experiencing stress, anxiety or depression.
- Conflicts in relationships with friends, family or employer due to gambling.
- Betting with money set aside for other things, like food, rent, car payment, etc.
- Stealing money or pawning things to get money for gambling.
- Gambling as an escape because you are sad, lonely, stressed or angry.
- Wanting to stop gambling, but can't.
- Making more bets to try to "win back" lost bets.
- Being irritated or restless when not able to gamble.

Please call someone who can help at  
**1-800-522-4700**

*Gambling problem?*

Getting Help is your **Best Bet.**

**800.522.4700** [ksgamblinghelp.com](http://ksgamblinghelp.com)

## Where to Turn for Help

**1-800-522-4700**

- Confidential and free
- Free initial assessment with a certified gambling counselor for the problem gambler or family member
- An experienced counselor will answer questions and provide information on resources in your area.

### Military OneSource

- Free 24/7 service from the Department of Defense for active duty, Guard, and Reserve members and their families.
- Consultants provide information and make referrals on many issues, including problem gambling.

Call 1-800-342-9647 or go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

### Other Military Resources:

- Military Family Life Consultant (MFLC)
  - Adult
  - Personal Financial Consultant (PFC)
  - Child and Youth Services (CYS)
- Director, Psychological Health (DPH)
- JFHQ-KS Chaplain

### Kansas Problem Gambling Resources

[www.ksgamblinghelp.com](http://www.ksgamblinghelp.com)

### Gamblers Anonymous

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

To find a meeting near you call

1-888-374-6442 or 1-888-424-3577

### Gam Anon

For family members of those with gambling problems - [www.gam-anon.org](http://www.gam-anon.org)

To find a meeting near you please call

1-816-545-4368

## Gambling in the Military: An Emerging Concern



## Gambling: Know the Risks

Most people experience few, if any, negative consequences because of their gambling. In fact, many obtain some degree of pleasure or enjoyment from gambling. But as you progress into risky gambling, the negative outcomes outweigh the potential benefits.

- A few people win at gambling, and they may even win big, but most gamblers lose and some lose big.
- Some people “chase” their losses. They think if they gamble a little longer or gamble more money, they will win back what they have lost. Usually they will lose more and only increase their debt.
- Some people reach the point where they can no longer control their need to gamble, just like any other addiction.

## Common Types of Gambling

- Cards
- Dice games
- Horse, dog, or car races
- Bingo
- Raffles
- Lottery or scratch-off tickets
- Sports betting
- Slot machines
- Electronic gaming machines
- On-line gambling, such as poker and betting
- Betting on games of skill

## Increased Suicide Risk

The suicide rate for problem and pathological gamblers is TEN times the national average.

## An Emerging Concern

“The past 30 years have seen phenomenal growth in the availability and accessibility of legal gambling, including lotteries and casinos but also electronic gaming machines in formerly non-gambling venues and gambling on the Internet. Like the civilian population, military personnel and their families are finding more gambling available to them wherever they live—whether in the United States or overseas.

The potential impact of problem and pathological gambling in the military is creating concern.”

*National Council on Problem Gambling,  
June 2007*

It is estimated that:

- 6.3% of military personnel have experienced at least one gambling-related problem in their lifetime,
- 2.3% experienced at least three gambling-related problems,
- 1.2% experienced five or more problems, the level constituting probable pathological gambling,
- 11% of heavy drinkers had at least one problem associated with gambling in their lifetime,
- 5.1% of heavy drinkers had five or more gambling problems.

*2002 Department of Defense Survey  
of Health Related Behaviors  
Among Military Personnel*

## The Pentagon Study of the Impact of Gambling on the Armed Services

In a 1989 defense authorization bill, the House Armed Services Committee directed the Pentagon to study the impact of gambling on the armed services. The committee report notes:

*Compulsive gambling is a serious psychiatric disorder, as exhibited by the extraordinarily high rates of suicide and the high incidence of severe depression, alcohol abuse and crime associated with sufferers of this illness. Because compulsive gambling has an immediate association with financial matters, its effect on readiness and the overall mental health of service members has been largely overlooked and ignored.*

The 2002 Worldwide Survey of Health Behaviors notes:

*Military personnel are believed to have a number of risk factors that have long been associated with higher rates of gambling problems than the civilian populations ... the prevalence of problem and pathological gambling in the military could potentially be higher than the general population by virtue of the socio-demographic composition of the military (p 9-15).*

Certain factors are more likely present in the military which can increase your risk for developing a gambling problem.

- Depression, anxiety, and post traumatic stress disorder (PTSD)
- Post deployment issues
- Substance abuse problems
- Higher risk-taking and sensation-seeking
- Downtime and boredom, especially when deployed and/or at bases that are isolated geographically or culturally/linguistically
- Higher proportions of younger persons
- Higher proportions of males