

# Did You Know...

Nearly 10% of US Veterans struggle with disordered gambling, a rate two-three times higher than the general population.

Gambling out of control can result in financial problems, legal issues, family/relationship conflict and even suicide attempts.

**Gambling can be fun. But for some, gambling can get out of control. Warning Signs:**

- Frequent gambling
- Increasing amount gambled
- Neglecting work and family
- Preoccupation with gambling and money
- Borrowing money
- Mood swings
- Isolation, withdrawal, secretive behavior
- Gambling to win back losses (chasing)
- Dishonesty or lying

**Seize control of your life today!**

If you or someone you know is struggling with problems due to gambling behaviors, call, text or chat TODAY!

**1-800-GAMBLER – [MILITARYGAMBLESAFE.ORG](https://militarygamblesafe.org)**



The Maryland Center of Excellence  
on Problem Gambling