

RESOURCE GUIDE

Gambling Addiction



MERIDIAN
HEALTHCARE
ADDICTION






Signs of Gambling Addiction

- Restlessness and irritability when not gambling
- Borrowing money for gambling
- Spending the majority of time gambling
- Constantly thinking about or planning gambling opportunities
- Bragging about winning, exaggerating wins, or minimizing losses
- Hiding the time spent gambling
- Hiding bills and unpaid debts

***If you need immediate assistance or are in crisis, contact 911.**

DISCLAIMER: *The information provided is intended for educational purposes and is not medical advice. No information provided online by Meridian HealthCare is a replacement for medical advice, diagnosis, or treatment from a healthcare professional. No individuals, including active Meridian HealthCare patients, should use this information to diagnose or treat a suspected health condition. Always see your doctor regarding any medical conditions or before starting a new health regimen. Meridian HealthCare is not liable for any direct, indirect, or consequential harm arising therefrom.*



In the United States, about 2.5 million Americans face gambling addiction — about 1% of the population. Here in Ohio, it's estimated that [more than 250,000](#) of our 11.8 million residents have a gambling disorder (with 16% of that figure under 18 years old).

The [American Psychiatric Association](#) defines gambling disorder as repeated gambling behavior that leads to problems for individuals, their families, and society. People with this type of disorder have a constant urge to continue gambling, no matter the cost and how it might negatively impact various aspects of their life.

Jan. 1, 2023 was the universal start date for sports betting, adding to the list of Ohio's legal betting options like the Ohio Lottery, casinos, racinos, and racetracks. Online sports betting sites allow gamblers to place bets nearly anywhere, anytime. The legal age for sports betting is 21 (with 16 for bingo and 18 for lottery).

Ohio for Responsible Gambling

Four state agencies have joined forces to create [Ohio for Responsible Gambling](#) (ORG): The Ohio Lottery Commission, the Ohio Casino Control Commission, the Ohio State Racing Commission, and the Ohio Department of Mental Health and Addiction Services (OhioMHAS). This consortium promotes gambling responsibly and offers four initiatives to spread awareness about gambling addiction: [Change the Game Ohio](#) (focused on youth gambling), [Get Set Before You Bet](#), [Keep it Fun Ohio](#), and [Time Out Ohio](#) (formerly the Voluntary Exclusion Program).

National Council on Problem Gambling

[The National Council on Problem Gambling](#) (NCPG), which operates the National Problem Gambling Helpline Network, has 28 contact centers and provides resources for all 50 states, Canada, and the U.S. Virgin Islands. The National Problem Gambling Helpline Network offers both text and voice services.

NCPG hosts webinars geared toward gambling addiction, and past [webinars](#) are archived on their site.

Department of Mental Health & Addiction Services

Mental and emotional health problems can lead to different types of addiction, including gambling. For free and confidential support, there's the [Ohio CareLine](#). It's available 24/7, with behavioral health professionals available to talk through situations and connect callers to local providers in their area.

ResponsiblePlay

This resource looks at different gambling facts and offers signs for people who suspect they may have a gambling addiction. ResponsiblePlay offers a [short quiz](#) to assess gambling behavior, and provides confidential discussions so that people have the [opportunity to discreetly ask for help](#).

Gamtalk

[Gamtalk](#) is an online support community that creates a safe space for both gamblers and those impacted by their loved one's gambling disorder. People can share their recovery stories, chat with other Gamtalkers and use the Community Wall to talk about their recovery journey.

Gam-Anon

In this 12-step fellowship, people who are affected by another's gambling addiction have a safe, judgment-free environment to meet and help one another cope. There's no fee to attend [Gam-Anon meetings](#).



Start Your Path to Wellness

If you're facing a gambling addiction or know someone who is, there are several online resources available to help get the conversation started. Most provide the option to chat online or talk with healthcare professionals around the clock.

When you're ready to move forward with true recovery, contact Meridian HealthCare to speak one-on-one with an experienced counselor. Our addiction treatment specialists are here and ready to help you navigate each step of recovery. Hope is out there! Call us today at **330-992-2493**.