

GOT GAMBLING ON YOUR MIND?

Know the signs of
problem gambling
by visiting
GamblingSignsLA.org



**Gambling issues can develop slowly and be hard to spot.
Look for these warning signs:**



BEHAVIORAL

- Hiding or lying about gambling
- Struggling to stop or cut back
- Gambling longer or more than intended to
- Raising bets to chase wins or recover losses
- Making excuses or canceling plans



EMOTIONAL & SOCIAL

- Constant thoughts or tension around gambling
- Irritability or mood swings
- Withdrawing from friends, family, or activities
- Concern expressed by others



FINANCIAL & LEGAL

- Talking about wins but hiding losses
- Borrowing money or misusing family funds
- Neglecting work or home responsibilities
- Theft or illegal activity to fund gambling