



## Gambling Addiction and Problem Gambling



Ask yourself if gambling addiction is a problem for me?



### Do you...

- Think about gambling a great deal of your time?
- Lie about your gambling to others?
- Gamble while bills go unpaid?
- Borrow money to finance your gambling?
- Feel anxious, depressed or even suicidal after you gamble, but not quitting?

### Preventing suicide in problem gamblers

When faced with the consequences of their actions, problem gamblers can suffer a crushing drop in self-esteem. This is one reason why there is a high rate of suicide among compulsive gamblers. If you suspect your loved one is feeling suicidal, call the National Suicide Prevention Lifeline in the U.S. at 1-800-273-8255 or visit [Befrienders Worldwide](#) to find a suicide helpline in your country.

### What should you do if the stress becomes overwhelming?

If you are experiencing intense signs of stress for several days or even weeks, schedule an appointment with a mental health professional. You can get help by calling the [Pit River Health Service Inc Behavioral Health Department \(530\) 335-0340](#) or [Shasta County Mental Health](#) for 24-hours a day, call **(530) 225-5252** or **(888) 385-5201** between the hours of 8 AM to 5 PM Monday through Friday. If you or someone you know threatens to hurt themselves or others, talks or writes about death, dying or suicide, call 911 or use the [Suicide Prevention Lifeline](#) at **1-800-273-8255**.

### Urgent Help Resources:

- Call 1-800-GAMBLER, text **support** to **53342**, or chat at [www.800gambler.chat](http://www.800gambler.chat)
- Northern California Hotline Number: **855-2CALLGA (855-222-5542)**
- Sacramento Hotline Number: **855-2CALLGA (855-222-5542)**
- Central Valley Hotline Number: **855-2CALLGA (855-222-5542)**
- Southern California Hotline Number: **855-2CALLGA (855-222-5542)**