

Council on Compulsive Gambling of NJ
800-GAMBLER[®]

If you or someone you know is exhibiting
any of the suicide warning signs,
YOU ARE NOT ALONE!

Help IS Available!

When you reach out for **HELP**, there
is **HOPE**. Use the resources in this
brochure to get the help you need, or to
learn how you can help others.

Call the **SUICIDE PREVENTION LIFELINE**



Additional Resources for a Problem Gambler or for someone exhibiting any of the suicide warning signs:

NJ HOPELINE -
24/7 Peer Support and Suicide Prevention Hotline
1-855-654-6735

NJ ADDICTIONS Services Hotline
1-844-276-2777

NJ Connect for Recovery
1-855-652-3737

NJ Mental Health Cares
1-866-202-4357

Mental Health Association of New Jersey
Peer Recovery Warmline
1-877-292-5588

Veterans Counseling Hotline
1-866-838-7654

2nd Floor Youth Helpline
1-888-222-2228

(NAMI) National Alliance on Mental Illness
1-732-940-0991

800-GAMBLER - Call for help 24/7 and speak with
a gambling helpline staff member.
(All calls are confidential)
Send a text to 800-GAMBLER
Visit www.800gambler.org for information,
resources, or live chat.

**Council on
Compulsive
Gambling of NJ, Inc.**

SUPPORT. TREATMENT. HOPE.

Problem Gambling and Suicide



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PROBLEM GAMBLING & SUICIDE

According to research studies, as many as 20% of problem gamblers demonstrate suicidal gestures, attempt suicide, or complete suicide. This is a tremendous difference from the general population, in which 5% are having thoughts of suicide at any given time.

Problem gambling, in and of itself, does not cause suicide, but the risk factors for problem or disordered gambling and suicide are very similar:

- Recent loss, including job loss, retirement, divorce, or death of a loved one
- History of trauma or abuse
- Mental illness, including depression or anxiety
- Substance misuse
- History of impulsive or risk-taking behaviors
- Low self-esteem
- Family history of substance misuse
- Family history of mental illness
- Financial problems

WHAT IS PROBLEM GAMBLING?

For most people gambling is harmless entertainment, but just as one can become addicted to drugs or alcohol, it is also possible to become addicted to gambling.

Sadly, problem gambling often remains hidden until the financial and emotional consequences become noticeable to the gambler's friends and family. As the problems increase, the gambler tries to solve it all through more gambling. The result is a progressive deterioration which can destroy both the gambler and his / her family.

SIGNS OF A GAMBLING PROBLEM

- Gambling for more money/items of value or longer than planned
- Neglecting school, work, or family to gamble
- Borrowing money and lying about gambling activities
- Using gambling to cope with stress or loss
- Unsuccessful attempts to reduce or stop gambling
- Feelings of hopelessness, depression, or suicide
- Irritability, restlessness, withdrawal, or isolation
- Selling personal items to finance gambling

WARNING SIGNS OF SUICIDE

The National Suicide Prevention Lifeline has identified the following as some signs that a person may be at risk for suicide, and individuals may be more at risk if these are related to a loss, change or painful life event:

- Talking about wanting to die or kill oneself
- Looking for ways to kill oneself
- Talking about feeling hopeless, having no reason to live
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing use of drugs, alcohol, or gambling
- Acting anxious or agitated
- Behaving recklessly
- Sleeping too little or too much

Contact Us:

Council on Compulsive Gambling NJ
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Hamilton, NJ 08619

Call or Text 1-800-GAMBLER

Visit us on the Web: www.800gambler.org
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