

FOR NO-COST,  
CONFIDENTIAL HELP:

**1-800-GAMBLER**

1-800-426-2537

TTY: 1-800-722-0997

Text **SUPPORT** to **53342**

Chat **800gambler.chat**

Must be 18+

Someone is waiting to talk to you 24/7

### The Hidden Addiction

For most people, gambling is entertainment – a fun activity that can be enjoyed without harmful effects. But for others, it's not just a game – it can cause serious negative impact to one's health and relationships.

Problem Gamblers get the same effect from gambling as someone might get from taking drugs or drinking alcohol. Just as tolerance develops for drugs or alcohol, the gambler finds it takes more and more of the gambling experience to achieve the same emotional effect as before. Problem gamblers feel an increased craving for the activity and find they have less ability to resist as the craving grows in intensity and frequency.

FOR ADDITIONAL  
INFORMATION:



Office of Problem Gambling  
opg@cdph.ca.gov  
problemgambling.ca.gov  
916-327-8611



UCLA Gambling Studies Program  
ugsp@mednet.ucla.edu  
uclagamblingprogram.org  
310-825-4845



**CALIFORNIA  
GAMBLING EDUCATION  
AND  
TREATMENT SERVICES**

**Repair the Damage Caused  
by Gambling Disorder**

## What is problem gambling?

Problem gambling, also known as gambling addiction or gambling disorder, occurs when a person is unable to resist impulses to gamble and continues to gamble despite harmful consequences. Gambling disorder is classified as an addiction and its essential features include loss of control over gambling, preoccupation with gambling, increasing need to bet more money and an inability to stop or cut back gambling. In severe cases, gambling disorder can result in financial ruin, legal problems, loss of career or family, and even suicide.

## What does CalGETS offer?

Both the gambler and individuals negatively impacted by the gambler's behavior may enroll in services.

Choose from a variety of services:

- **Telephone Counseling** – Make appointments to speak to a counselor who specializes in problem gambling over the telephone.
- **Outpatient Counseling** – Make appointments to speak to a counselor in a one-on-one private setting.
- **Group Counseling** – Participate in group counseling with gamblers, affected family members or mixed groups.
- **Intensive Outpatient** – Work with trained counselors three hours per day, three times per week.
- **Residential Care** – A 30-day inpatient program where gamblers will reside at a licensed facility and receive 15 hours of problem gambling related counseling per week.

## Do you have a gambling problem?

**Don't ignore the signs.**

- Have you ever tried to cut down or control your gambling?
- Have you ever lied to family members, friends, or others about how much you gamble or how much money you lost gambling?
- Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?

You are not alone, problem gambling affects more than one million Californians.

If you answered yes to any of these questions you may have a gambling problem. Call 1-800-GAMBLER or go to [problemgambling.ca.gov](http://problemgambling.ca.gov) to get a more detailed assessment.



## Do you know someone with a gambling problem?

**Don't ignore the signs.**

Is there a gambler in your life who has lied about how much or how often they gamble?

- Is there a gambler in your life who cannot cut down or control their gambling?
- Are you experiencing negative consequences due to problem gambling behavior, such as debt, depression, guilt, shame?

If you answered yes to any of these questions you are eligible for CalGETS.

## Can problem gambling affect your health?

Yes. Problem gamblers have been found to have poorer overall health. They visit emergency rooms more often for physical and mental health conditions, smoke more than one pack per day, are more likely to be obese, avoid regular exercise, and likely put off medical care due to financial problems.