

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Inc- March is Problem Gambling Awareness Month

Many people enjoy gambling without having a problem. However, some people lose control of their gambling—at which point it does become a problem and can turn into an addiction. Many people who develop gambling addictions also develop problems with drugs and alcohol. Neither addiction is easy to manage without professional help. Gambling involves risking something of value in the hopes of winning something of greater value in return. In many cultures, people gamble on various things. Generally, this type of behavior does not become a problem. However, some people develop a gambling addiction or gambling disorder.

A gambling disorder or pathological gambling is a pattern of behavior that severely impacts a person's family, job, or personal life. One of the signs that gambling has become a concern is when a person feels an urgent need to keep gambling or to take even greater risks to reverse a loss. This behavior is sometimes called "chasing one's losses. It is estimated that gambling addiction affects between 0.2% and 0.3% of the general population. While the problems associated with gambling often begin during adolescence or young adulthood, they can also begin during adulthood. Gambling disorder tends to develop over the span of years. As such, most people who develop a gambling disorder gradually increase both the amount and the frequency of their wagers.

People who develop gambling disorders earlier in life also tend to have problems with substance abuse or impulsivity disorders. Women who develop gambling disorders are more likely than men to also have problems with anxiety, depression, or bipolar disorder. A link between gambling disorder and other addictive disorders has been well-established. According to the New York State Office of Alcoholism and Substance Abuse Services (OASAS), research suggests that there are high rates of comorbidity between substance use disorders and gambling addiction. Data from a large study in the United States found that alcohol addiction is the most frequently reported co-occurring condition among people with a gambling disorder. Just over 73% of people in the study that were diagnosed with gambling addiction also had an alcohol use disorder.

To get help contact your local Problem Gambling Resource Center to receive support, information and/or be connected with a problem gambling provider in your community or visit

<https://oasas.ny.gov/problem-gambling> or Call the free, confidential NYS HOPELINE - 1-877-8-HOPENY or text HOPENY (467369) for help, and referrals to treatment.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. To learn more about SAFE please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website at www.safeglencove.org.