

Problem Gambling Fact Sheet



PROBLEM GAMBLING
AWARENESS MONTH

→ EVERY STORY MATTERS

Whether you're seeking information for yourself or a loved one, this fact sheet can help you gain a better understanding of what problem gambling is, its impact, and how to find support.

What is Problem Gambling?

Problem gambling (sometimes referred to as "gambling addiction" or "gambling disorder") is gambling behavior that is damaging to a person or their family, often disrupting their daily life and career. Anyone who gambles can be at-risk for developing a gambling problem. Gambling disorder is a recognized mental health diagnosis.



Time Out Ohio
More Support
Resources
*Ohio's Voluntary
Exclusion Program*

Some warning signs of a gambling problem are:

- Thinking about gambling all the time.
- Feeling the need to bet more money and more often.
- Going back to try to win your money back ("chasing losses").
- Feeling restless or irritable when trying to stop or cut down.
- Gambling despite negative consequences.
- In extreme cases, problem gambling can cause bankruptcy, legal problems, job loss, family harm, and thinking about suicide.

Ohio Problem Gambling Helpline

During your call to the Ohio Problem Gambling Helpline, you may request to be transferred to a problem gambling specialist for additional resources.

1-800-589-9966
Live Chat

Locate gambling support services in your area at [GamblingHelpOhio.org](https://www.GamblingHelpOhio.org)

Top Facts from the 2022 Ohio Gambling Survey



Around 24% of adults ages 18 to 24 experience some level of risk with their gambling.

The number of people estimated to have a gambling disorder increased to **2.8%**

This represents approximately **255,000** individuals among Ohio's adult population.



The percentage of Ohioans with disordered gambling has tripled since 2017.

Note: 2022 Ohio Gambling Survey was conducted prior to sports gaming legalization. Risk factors based on survey data.