

**“Red Flags” that someone might have a gambling problem:**

- Become increasingly obsessed with the idea of gambling
- Become hooked on the high of gambling
- Gamble more and more money, more and more often over time.
- Use gambling as a way to escape life’s problems
- Lose interest in normal activities
- Try, but fail, to stop or control gambling.
- Act restless and irritable when not gambling
- Have an attitude that no win is ever big enough
- Lie about losses and exaggerate wins
- “Chase” their losses.
- Bet until their last dollar is gone.
- Get in worse and worse financial and emotional trouble over time.
- Need to be ‘bailed out’ financially
- Beg, borrow, or steal money to gamble or pay off gambling related debts.

Delaware Council on Gambling Problems agency brochure (1996).