

# When It's Not a Game Anymore

For many adults, gambling can be an enjoyable source of entertainment. But when someone's gambling goes beyond a casual activity, he or she may be at risk of problem gambling.

Problem gambling is defined as gambling to the extent that it causes any kind of emotional, family, legal, financial, or other problems for the gambler or those around him or her. Anyone can become a problem gambler, regardless of their age, race, ethnicity, gender, and socioeconomic background.

So what can you do if you suspect that someone you care about may have a gambling problem?

For more information, contact:

#### **Gamblers Assistance Program**

DHHS–Division of Behavioral Health  
PO Box 95026  
Lincoln, NE 68509-5026

phone: 402-471-7792 | fax: 402-471-7859

email: [DHHSPlayitsafe@nebraska.gov](mailto:DHHSPlayitsafe@nebraska.gov)



# Concerned About Someone Else's Gambling?

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**A GUIDE FOR THOSE AFFECTED  
BY PROBLEM GAMBLING**

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[PlayItSafe.ne.gov](http://PlayItSafe.ne.gov)



You can't smell it on their breath. You can't see marks on their bodies. In fact, there are little to no physical symptoms associated with problem gambling. That's why it's called the "hidden addiction."

It's not always simple to tell if someone you know is having problems with gambling. But there are signs.

## Signs at Home

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- Secret bank accounts/loans/credit cards
- Frequent borrowing from others
- Missing money, assets, or valuables
- Unpaid bills
- Hidden or lost financial statements
- Moodiness, unexplained anger, or depression
- Decreased contact with friends
- Secrecy about activities
- Emotional distance from friends and family
- Avoidance of scheduled social events or activities
- Evasiveness about gambling losses
- Unexplained disappearances for periods of time
- No time or desire for everyday activities or other hobbies
- Increasing amounts of time spent studying spreads, gambling, or doing gambling-related activities

## Signs at Work

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- Unexplained moodiness or short temper
- Missed work or overuse of sick days and days off
- Excessively long lunches and breaks
- Projects that aren't finished properly or on time
- Cash advances through the company credit card
- Improper or excessive use of phone or Internet unrelated to work
- Excessive involvement in or organization of office pools
- Frequent requests for pay advances
- Stolen property or embezzled company funds
- Increased reports of borrowing money from coworkers

## Helping Them and Yourself

Fortunately, you don't have to cope with this alone. If you think someone you care about may have a problem with gambling, support is out there—for the gambler as well as for you.

### Problem Gambling Helpline

Confidential support is available to all Nebraska residents. Just call the Problem Gambling Helpline at 1-800-GAMBLER (1-800-426-2537).

### Nebraska Network of Problem Gambling Treatment Providers

Find professional counseling from providers who are specially trained to provide support to problem gamblers and their loved ones. For a list of Nebraska providers, visit [PlayItSafe.ne.gov](http://PlayItSafe.ne.gov).

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To further assess your situation, complete our online questionnaire, available in the "Concerned About Someone Else's Gambling?" section at [PlayItSafe.ne.gov](http://PlayItSafe.ne.gov).

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*Discover more*

Visit [PlayItSafe.ne.gov](http://PlayItSafe.ne.gov) to learn more about problem gambling and find out where you can turn for support.