



Problem gambling

Problem gambling occurs when gambling can't be controlled. It may follow years of social gambling, and be set into motion by a stressful event or greater exposure to gambling.



When gambling interferes with a person's daily life, it's a problem. Responsible gambling is when you play a game for money or place a bet with family and friends and are able to set a limit based on what you can afford. And then you stick to that limit.

Online gambling, including sports betting, is on the rise. Online gambling sites lure betters with a sign up bonus of \$50 or more and tell you to play "just for the fun of it."

If you have a problem with gambling, get help! Call the National Problem Gambling Helpline at 1-800-522-4700 to connect with the helpline services for the state you are calling from. Or chat at ncpgambling.org/chat for free, confidential help.