



PROBLEM GAMBLING & SUICIDE FACT SHEET 2019

- * Gambling disorder is a recognized DSM-V addiction that disrupts personal, family or vocational pursuits.¹
- * In the U.S., 60% of adults gamble in a given year. In Minnesota 78% of adults gamble in a given year. Problem gambling is present in 1-4% of the population.¹
- * The lifetime prevalence of problem gambling in the U.S. is 2.5% for women and 6.8% for men.⁴
- * Problem gambling amongst racial groups: Blacks (8.3%), Hispanics (6.7%), Native Americans (6.6%), Asians (4.8%) and Whites (2.8%).³
- * Game type is irrelevant to the acquisition, development and maintenance of problem gambling.⁴
- * Problem gamblers are 3.4 times more likely to attempt suicide compared to the general population.⁵
- * 17-24% of problem gamblers attempt suicide.⁶
- * 5% of gambling related suicidal thoughts resulted in attempts.⁷
- * Higher rates of social support were associated with longer periods of abstinence from problem gambling.³

Risk Factors

In addition to such recognized suicide risk factors in the general population, problem gamblers face further stresses associated with:

- Major depression
- Substance Abuse
- Marital breakdown
- Unemployment
- Financial crisis
- Legal difficulties

Treatment & Resources

If you or someone you know is suicidal call a mental health professional or The National Suicide Helpline at #988.

Gambler's Anonymous—A 12-step recovery program. minnesotaga.com or call 1-855-222-5542.

Counseling treatment is available at no cost in Minnesota. For a referral call the helpline **1-800-333-HOPE(4673)**.

Minnesota Alliance on Problem Gambling—Minnesota's advocate for problem gambling. mnapg.org

1. NCPG 2018 NGAGE Survey

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3. Griffiths, M.D. & Auer (2013). The irrelevancy of game-type in the acquisition, development & Maintenance of problem gambling. *Frontiers in Psychology*, 3, 621.

4. Seguin, M. Boyer, R. Lesage, A. McGirr, A. Suissa, A. Tousignant, M. & Turecki, G. (2010) Suicide & gambling: Psychopathology & Treatment-seeking. *Psychology of Addictive Behaviors*, 24(3), 541.

5. Martins, S.S., Tavares, H, DaSilva Lobo, D.S. Galetti, A.M. Gentil, V. (2004). Pathological gambling, gender and risk-taking behaviors. *Addictive Behaviors*, 29(6), 1231-1235.

6. Maccallum, F. & Blaszczynski, A. (2003). Pathological gambling & Suicidality: An analysis of severity and lethality. *Suicide and life-threatening behavior*, 33(1) 88-98.