Gambling disorder is a recognized DSM-V addiction that disrupts personal, family or vocational pursuits.  

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. 

The lifetime prevalence of problem gambling is the U.S. is 2.5% for women and 6.8% for men. 

Problem gambling amongst racial groups: Blacks (8.3%), Hispanics (6.7%), Native Americans (6.6%), Asians (4.8%) and Whites (2.8%). 

Game type is irrelevant to the acquisition, development and maintenance of problem gambling. 

Problem gamblers are 3.4 times more likely to attempt suicide compared to the general population. 

17-24% of problem gamblers attempt suicide. 

5% of gambling related suicidal thoughts resulted in attempts. 

Higher rates of social support were associated with longer periods of abstinence from problem gambling. 

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 

1. NCPG 2018 NGAGE Survey  

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