



Myths and Facts about Problem Gambling

March is National Problem Gambling awareness month...help us get the word out.

Throughout the month, Renz Center is offering free gambling assessments at our Elgin location. Appointments for assessments are encouraged, but not necessary. Call (847) 742-3545 to schedule an assessment. Press "1" for outpatient services. Visit RenzCenter.org. for more information.



MYTH: Gambling is only a problem if the gambler can afford his or her losses.

FACT: While financial troubles are definitely a common and serious consequence of gambling addiction, one can have a serious problem without any financial hardship. For instance, gambling could be causing them to ignore work or family responsibilities.

MYTH: If someone gambles only occasionally, they cannot be a problem gambler.

FACT: Many problem gamblers miss the signs of their behavior becoming a compulsion because they only gamble on certain occasions, such as trips to the casino or during a particular sports season. However, if the wagering they do at these times affects their life negatively, or otherwise fits the criteria for compulsive gambling, they still have a problem.



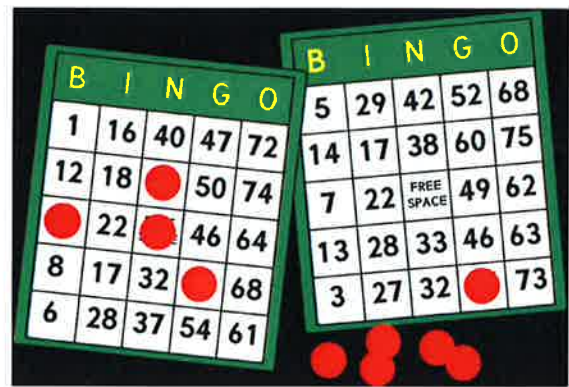


MYTH: Responsible people don't have gambling problems.

FACT: A gambling problem can develop in anyone, and it has nothing to do with how responsible that person normally behaves. While problem gambling may lead a person to take irresponsible actions, it's a disorder that leads to a loss of control—not a sign that a person is generally irresponsible in life.

MYTH: Loved ones often contribute to – and/or share responsibility for – problem gambling.

FACT: While problem gambling will often find ways to rationalize their behavior, their friends and family are not responsible for an individual's behavior. This can be particularly hard to understand for parents of a compulsive gambler, who often blame themselves for their child's problem.



MYTH: One way to help a problem gambler is by paying off their debts or helping them out of their financial troubles.

FACT: This one can be very difficult for relatives and close friends to accept, but it's often counterproductive to pay off the debts of a problem gambler. In many cases, rather than solving the problem it will only allow the gambler to continue placing more bets, as they now feel they have a safety net should they find themselves in financial trouble again.

Source: Casino.org 2019.