

# Why Problem Gambling Awareness Month is a Big Deal

This article originally appeared on The [Florida Council on Compulsive Gambling's Blog](#). [Click here](#) to view similar articles.

**Problem Gambling Awareness Month** is a big deal here at the Florida Council on Compulsive Gambling. We are joined by **organizations from around Florida** to raise awareness on the issue of problem gambling in addition to prevention, treatment and recovery services throughout the month of March.

March is **Problem Gambling Awareness Month**

## Shine The Light On Problem Gambling

Problem Gambling is often called "The Hidden Addiction" as the signs are not as visible as they are with a substance abuse problem.

### Did You Know?

FOR EVERY ONE PROBLEM GAMBLER,  
**8-10** PEOPLE ARE AFFECTED



**HIGHEST SUICIDE RATE**  
Among All Other Addictions

### The Signs Are There. Can You See Them?

- Preoccupied with gambling
- Chasing losses and gambling with larger amounts
- Risking significant relationships
- Relying on financial bailouts
- Restless or irritable when unable to gamble
- Unable to cut back or stop gambling
- Gambling to escape unpleasant emotions
- Lying to conceal gambling behavior

Call **888-ADMIT-IT** to Get Help!

So what is problem gambling? Your first thought might be to imagine the financial stress that comes along with the risks of gambling, but that's not the whole picture. Digging out of financial problems doesn't mean that the addiction goes away. In extreme cases, problem gambling can lead to legal problems, job loss, relationship troubles, family devastation and *even suicide*.

At its root, problem gambling is an obsession – an addiction – to the experience itself. You've heard about addictions to alcohol, drugs, tobacco and others. Even though there is no "substance" abuse inherently found in an addiction to gambling, the individual experiences the same psychological effects that lead to the inability to quit. Unlike traditional substance addictions, the individual struggling with problem gambling may show little to no physical signs of addiction at all. Furthermore, problem gambling is often a gateway to other types of addiction and abuse. That's why problem gambling has become known as the Hidden Addiction.

### Help Us Help Those in Need

Enter **Problem Gambling Awareness Month** – a time dedicated to having those tough conversations to "Shine the Light" on the Hidden Addiction and ultimately, getting help to those who need it. We can't do it without you. [Click here to learn more](#) and see what you can do to help us spread the word, including ordering free educational materials for your office or event.

**Should you or someone you know struggle with gambling, please know that help and hope are available by calling our 24/7, multilingual HelpLine: 888-ADMIT-IT.**