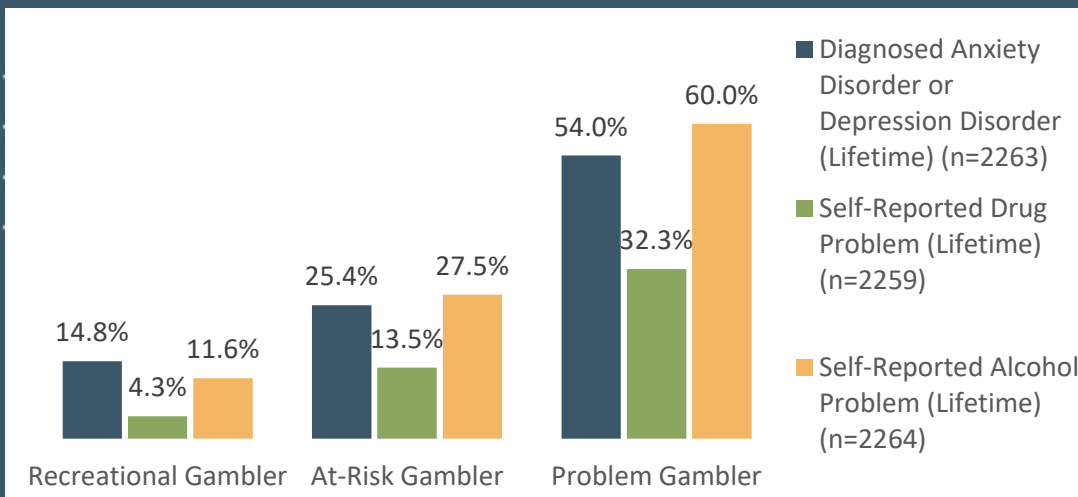


# Problem Gambling & Other Mental Health Issues

Gambling Disorder is an addictive disorder, like substance use disorders symptoms can include signs of addiction (gambling more than intended and preoccupation with gambling) and impairment (significant financial concerns and failure to uphold occupational responsibilities) [1]. Previous research indicates that mental health issues are overrepresented in people with problem gambling, with up to 96% of people also meeting criteria for another mental illness [2-3].

**An estimated 3.8% of Illinoisans have a gambling problem. An additional 7.7% of Illinoisans are at-risk of developing a gambling problem.**

*Lifetime Prevalence of Mental and Substance Use Disorders among Frequent Gamblers, by PPGM, 2021*

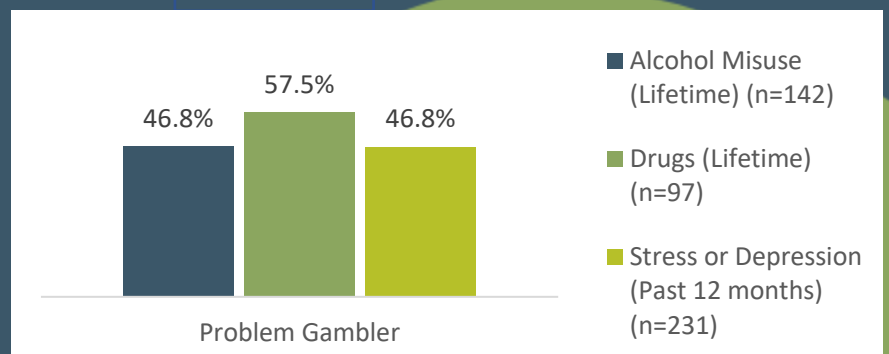


**1/10 Illinoisans with problem gambling thought about or attempted SUICIDE in the past year because of their gambling; 1/3 had done so in their lifetime.**

*DATA SOURCE IL Problem Gambling Assessment, Frequent Gambler Sample, 2021*

- Illinoisan frequent gamblers with a gambling problem were the most likely to report lifetime mental and substance user disorders compared to other frequent gamblers
- Nearly half of those with a gambling problem seeking help for another mental health issue discussed gambling with a provider, leaving a growing need for more problem gambling training among providers
- Among Illinois frequent gamblers the top reason for not getting help was they “thought they could fix the problem on their own (45.7%)”

*Prevalence of Gambling Discussion with a Provider when Seeking Help for Another Mental Health Issue, among Problem Gamblers, 2021*



*DATA SOURCE IL Problem Gambling Assessment, Frequent Gambler Sample, 2021*

**Only 21.1% of treatment-seeking problem gamblers sought help from a mental health professional, and only 14.4% from a doctor or general practitioner.**

If you or someone you know is experiencing problems with gambling, contact the State's Gambling Hotline at: **1-800-GAMBLER, [weknowthefeeling.org](http://weknowthefeeling.org), or Text: "ILGamb" to 833234**