

- » Unexplained absences from home
- » Constant shortage of money
- » Unexplained sources of money
- » Becoming secretive, lying
- » Pre-occupation with gambling, odds, tips, and winning money
- » Neglecting other activities, studies, family, friends, health and appearance
- » Agitation or mood-swings if unable to gamble
- » Bragging about winnings
- » Gambling seen as a legitimate way of making money

Early Warning Signs

Signs of a gambling problem

- » Large debts (which may be explained away)
- » Trouble at school, college or work about non-attendance
- » Unexplained borrowing from friends family, or people less likely to ask questions
- » Unwillingness to repay borrowed money
- » Preoccupation with gambling and spending money on gambling
- » Alienation from family and friends
- » Lying about the extent of their gambling to family and friends
- » Raising the subject of gambling or gambling debt in conversation