



470-7447
OR
800-777-6110

HelpPeopleSM
Employee Assistance Program

WARNING SIGNS OF GAMBLING

GENERAL WARNING SIGNS:

- \$ Are you haunted by bill collectors?
- \$ Do you or your loved one gamble to escape worry, boredom or trouble, or to celebrate good fortune?
- \$ Do thoughts of gambling disrupt your sleep?
- \$ Do you only vacation at places where gambling is available?
- \$ Do you or your loved one gamble longer than you originally planned?
- \$ Do you or your loved one borrow money to finance gambling or to pay back gambling debts?
- \$ Do you notice personality changes in yourself or your loved one as gambling progresses?
- \$ Have you or your loved one lost time from work or school due to gambling?
- \$ Do you hide bill money for fear that your loved one may gamble it away?
- \$ Is your spouse away from home and family for long periods of time due to gambling?
- \$ Does your partner experience unexplained shortages of cash?
- \$ Does your partner experience unexplained excesses in cash?
- \$ Do you find gambling items around the house?
- \$ Do you or your spouse lie about the extent of gambling or the amount won or lost?

WARNING SIGNS IN THE WORK PLACE:

- \$ Habitually late for work.
- \$ Frequent long lunch breaks.
- \$ Mysterious disappearances from work during the day.
- \$ Vacation used in isolated days rather than in blocks.
- \$ Sick days taken as soon as they become available.
- \$ Excessive use of the rest room.
- \$ Excessive use of the telephone.
- \$ Reads the newspaper and sports literature at work.