



Research shows a variety of mental health disorders are co-occurring with problem gambling. Gambling disorder is significantly associated with mood disorder, generalized anxiety disorder, post-traumatic stress disorder, and substance use.



- 96% diagnosed with gambling disorder also met the lifetime criteria for 1 or more mental health disorders
- 56% of those experiencing problem gambling are also struggle with a mood disorder (depression, bipolar disorder)
- 60% of those experiencing problem gambling also struggle with an anxiety disorder (phobias, general anxiety disorder)
- In 57-82% of cases the other disorder was diagnosed first
- Approximately 50% of those experiencing problem gambling have also had thoughts of suicide

If you or someone you care about has a gambling problem, call the

PROBLEM GAMBLING HELPLINE

1-888-789-7777

Toll-free, Confidential, 24/7