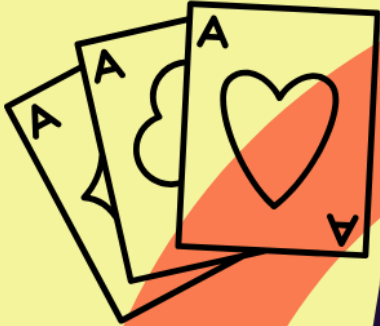




DART Prevention Coalition

Taking Aim at Substance Use in Ocean County



MARCH IS PROBLEM GAMBLING Awareness Month



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DART Prevention Coalition
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This week, the DART Prevention Coalition of Ocean County will be sharing information and resources about problem gambling and problem gambling prevention.

Want to help spread awareness and share on your own social media?

Make sure to keep an eye out on the DART Facebook page for our posts and feel free to repost or share with your family, friends, and groups! If you want to share elsewhere, great!

What is PROBLEM GAMBLING?



Problem Gambling is defined as an increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, chasing losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences.

Source: <https://addiction.rutgers.edu/about-addiction/facts-and-figures/gambling/>

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[What is Problem Gambling?](#)

PROBLEM GAMBLING STATISTICS

Problem Gambling STATISTICS



About 60% of adults have gambled at least once in the past year in the United States.



Approximately 5 million Americans meet the criteria for compulsive gambling.



Only around 8 percent of these individuals will ever seek help for their problem.

Source: <https://addiction.rutgers.edu/about-addiction/facts-and-figures/gambling/>

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[Problem Gambling Statistics](#)

IMPACT OF PROBLEM GAMBLING

Impact of PROBLEM GAMBLING



Individuals can experience financial instability as a result of using their finances to fund their gambling activities.

Relationships with friends and family can suffer as a result of the preoccupation with gambling.

Individuals may experience difficulties at work due to the negative impacts of excessive gambling on their productivity and focus.

People with a gambling disorder often experience negative emotions such as guilt or shame.



Source: <https://addiction.rutgers.edu/about-addiction/facts-and-figures/gambling/>

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[Impact of Problem Gambling](#)

RESOURCES

[Gamblers Anonymous Meetings in NJ](#)

>>Find a gamblers anonymous meeting in New Jersey.

[National Council on Problem Gambling](#)

>>National non-profit for problem gambling awareness, prevention and treatment.

[Problem Gambling Identifications and Warning Signs](#)

>>Information sheet from 800-Gambler outlining warning signs for problem gambling.

[Rutgers Addiction Research Center: Gambling](#)

>>More information and research from Rutgers Addiction Research Center.

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DART Prevention Coalition of Ocean County

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You are subscribed to The DART Coalition mailing list asdart@rwjbh.org.

Please note: If you click "unsubscribe" below, you will be removed from all prevention email lists, including all DART Coalition, Communities That Care (CTC), and SOCIAL Network emails. If you wish to unsubscribe from just one of the above groups, please email us directly for assistance.



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