

NCADD-RA

National Council on Alcoholism and Drug Dependence – Rochester Area

Gambling: The Silent Addiction

Understand the risks. Start the conversation. Seek out support.

Defined as staking or risking money or anything of value on chance-based outcome, gambling harms not only the individual but families, workplaces and communities.

In 2025, New Yorkers wagered \$26.3 billion which represents a 15.8 percent increase from each prior year.

Problem gambling can lead to:

- Loss of employment and income
- Increase in domestic violence
- Mental and physical health risks
- A one in five likelihood of suicide

View more
resources at
ncadd-ra.org



Unlike other addictions, gambling often lacks any visible signs and symptoms.

Know the warning signs:

- Do you experience mood swings based on winnings and losses?
- Do you neglect other responsibilities to concentrate on gambling activities?
- Do you experience impatience with loved ones because they are interrupting your gambling activities?
- Are you willing to eat less or go without food so that you can gamble?
- Do you gamble with money that is needed for necessary expenses such as household supplies, groceries, medication, electricity, and rent or mortgage?
- Have you ever thought about cashing in your insurance policy for gambling money?
- Are you spending your retirement funds to gamble?
- Do you fantasize about big winnings and believe you will win back all your losses?

Legalized in 2022, mobile sports betting has dramatically increased availability and access, making it possible for an individual to gamble anywhere and at any time of the day using a mobile device.

If you or someone you know is struggling with a gambling addiction, help is available! Visit ncadd-ra.org/services/finger-lakes-addiction-resource-center/ for additional resources and treatment provider directories.