Research shows that approximately 1% of the U.S. adult population is diagnosed with a gambling disorder. Over the past few decades, researchers have focused on learning why some people cannot gamble without adverse consequences and about how people recover from gambling addiction. Here’s what we’ve learned:

- A gambling disorder is not a sign of weakness, moral failing or lack of willpower. It is a treatable mental health disorder.
- No one gambling activity is more risky than others. People can get into trouble with all types of games, even seemingly harmless ones like bingo and the lottery.
- People with gambling disorders experience a range of problems including financial debt, professional and personal problems, withdrawal symptoms when attempting to stop or reduce gambling, guilt and shame. Remember the three Cs of addiction: People with gambling problems crave gambling, continue to gamble in spite of negative consequences and lose control over their gambling.
- People with other psychiatric and addictive disorders are especially vulnerable to developing a problem with gambling. Individuals with family members who have any kind of addictive disorder are also at higher risk.
- Roads to recovery include treatment with a professional therapist, Gamblers Anonymous meetings, medication and self-help resources such as workbooks and websites.
- People who gamble responsibly do so for fun, not to make money or escape from problems. They limit the time and money spent gambling and understand that the odds are always with the house.
- Currently, there are two models that allow the justice system the ability to address gambling disorders in the court setting. First, the Amherst Gambling Treatment Court is the only program in the nation that specifically focuses on this seeing individuals with this addiction. Second, various states have integrated individuals with a gambling disorder into their drug and alcohol court programs.

For more information and resources to better understand gambling disorders and responsible gaming, visit the National Center for Responsible Gaming’s (NCRG) website at [www.ncrg.org](http://www.ncrg.org). The NCRG is a nonprofit organization devoted to funding scientific research on gambling disorders and translating research findings into practical applications for the public.