

What to do when you think your

CO-WORKER

has a Gambling Problem

Gambling is a popular form of recreation in Pennsylvania.

You, your friends or co-workers may participate in office pools, buy an occasional raffle ticket or spend a few dollars on group lottery tickets.

Most people who take part in these activities do not develop problems...however, for a small percentage of adults, gambling can be a serious problem.

What can you do to help?



**Council on
Compulsive Gambling
of Pennsylvania**

**Help is available
1-800-GAMBLER®
www.pacouncil.com**

Gambling in the Workplace

As disordered gambling impacts an individual's life, negative effects can extend into the workplace.

Signs of potential gambling problems

- Frequent borrowing of money
- Continual boasting about winnings
- Dramatic increase in gambling participation
- Deterioration of work performance
- Excessive unexplained absences/tardiness
- Personality changes, mood swings, irritability

Suggestions to help express your concerns

If you think a colleague has a gambling problem, you may feel reluctant to say something to them. Expressing concern can have a positive impact, but should be done privately and discreetly, in a caring, respectful manner.

- Be clear and non-judgmental.
"I've noticed changes & I'm worried about you."
- Use work-related observations.
"I see you coming back late from lunch, too distracted to work."
- Be positive.
"Your work is usually so good, and you always meet your deadlines."
- Be clear about your position.
"I can't cover for you any more."
- Provide information, not advice.
"You are not alone - there is a free number that you can call to get help - 1-800-GAMBLER®."



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