

# Problem Gambling &

# WOMEN

## A Growing Concern in Pennsylvania

Problem gambling used to primarily affect men.

Today, many women have the time, money, and inclination to gamble. For some, gambling can represent an escape from life's pressures or a way to cope with stress.

Most people – women and men – can gamble without developing a problem. However, for a small percentage of adults, it can get out of hand and become a serious problem.

Research shows that women may begin gambling later than men do, but often develop problems more quickly. Women are also more likely to report financial problems related to gambling.

So, where can women turn for help?



**Council on  
Compulsive Gambling  
of Pennsylvania**

**Help is available  
1-800-GAMBLER®  
[www.pacouncil.com](http://www.pacouncil.com)**

## Problem Gambling & Women

Typically, gambling begins as a recreational activity, often encouraged by family members. In some cases, feelings of euphoria accompany winning, and the continued desire for these feelings begins a downward progression toward gambling disorder.

Women represent a growing percentage of disordered gamblers, yet only a fraction of them participate in self-help groups and treatment programs. Often, women are reluctant to seek help, due to feelings of shame.

### How the Problem Begins

Often, women are attracted to gambling for one of two reasons:

#### Escape

Gambling can offer an escape from life problems, traumatic experiences, troubled relationships, loneliness, boredom and depression.

#### Excitement

Gambling can create an aroused state, similar to the “high” of some drugs. In this excited state, women often focus on the game and ignore all other concerns in their lives.

### What Help Is Available?

If you think you, or a woman in your life, may have an issue related to gambling, please call the 24/7 toll-free Pennsylvania Problem Gambling Helpline at 1-800-GAMBLER®.

**Help is just a phone call away**  
**Call 1-800-GAMBLER®**



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