

# 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, Inc.

Help is available  
1-800-GAMBLER®  
1-800-848-1880

## 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®."*

**Council on Compulsive Gambling of Pennsylvania**

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