

What's really going on? The facts about domestic violence and problem gambling.

In a recent surveyⁱ of problem gamblers 63% reported perpetrating and or being the victim of domestic violence, 24% admitted to perpetrating severe abuse to their significant other. Not only were the problem gamblers talking about being abusers they were also revealing that 64.5% of them had clinically significant anger problems.

In Mississippi officials were able to track the increase of domestic violence shelters requests for assistance during and after casinos were introduced. The increase ranged from 100 to 300 percent. According to the National Research Council, up to half of all spouses of compulsive gamblers have been abused. Here in Nebraska, researches at the University of Nebraska Medical Center concluded that problem gambling is a much a risk factor for domestic violence as is alcohol abuse.ⁱⁱ

Gambling is any act of betting something of value on an unknown outcome. This includes lottery tickets, Keno, sports bets and brackets, casino games, slot machines, Bingo and countless games and apps available on a smartphone, app or computer. Problem Gambling is any time someone's gambling is causing a problem in their lives and or the lives of their loved ones.

Just like domestic violence, gambling problems are very easy to hide. There are very few physical signs that someone is suffering from a gambling problem. However, the effects of this disease are devastating for the gambler and those around them.

To get help, ask questions or talk to a counselor please call Heartland Family Service's 24 hour help line toll free at 866-322-1407

ⁱ Korman, Collins, Dutton, Dhayanathan, Littman-Sharp, Skinner, (2008). Problem Gambling and intimate partner violence. *Journal of Gambling Studies*, 243

ⁱⁱ Violence, Trauma and Problem Gambling paper. *Georgia State University*