

## *Holiday Stress and Gambling – A Bad Bet*

**For Immediate Release**

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(Green Bay, Wisconsin) – “Happy Holidays!” It’s a greeting that will be repeated over and over during the next several weeks. There’ll be holiday gatherings, gift giving and voices will ring out with the “sounds of the season.”

But the holidays are also a time of stress for many people and the added stress can be troublesome for those who face an addiction to gambling.

“There have been quite a few problem gamblers that we’ve heard from who talk about the stress of the holidays,” said Rose Gruber, Executive Director of the [Wisconsin Council on Problem Gambling](#). “The holiday stress of family gatherings or mounting debt can lead problem and compulsive gamblers to seek an escape through Internet gambling, casinos or other forms of gambling.”

Gruber says gambling is not a problem for the vast majority of people. “But for those who are addicted, gambling can provide a sense of control and escape which can make it harder and harder to return to the real world,” Gruber said.

If you do plan to gamble during the holidays, Gruber offers some advice:

- Set a specific limit for the amount of money and length of time you gamble
- Don’t borrow money to wager
- Don’t approach gambling as a way to make money
- Don’t gamble alone...make it a social event
- Don’t reinvest any winnings
- Don’t ever bet more money than you feel you can comfortably lose

“If all you can think about during the holidays is how you can get away and gamble, make the call to Wisconsin’s Problem Gambling Helpline,” Gruber said. “Our Helpline at 1-800-GAMBLE-5 will help to put you in touch with the resources you need to tackle your addiction.” The Helpline is answered by volunteers and professional staff who work with a statewide network of qualified treatment providers, [Gamblers Anonymous](#) chapters and [GamAnon](#) chapters (for family members) throughout the state.

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*The **Wisconsin Council on Problem Gambling** is funded by a public awareness grant from the State of Wisconsin and additional funding from donors, including Wisconsin Native American Tribes. The Council operates a 24-hour Helpline at 1-800-GAMBLE-5, distributes informational brochures, organizes an annual statewide conference, makes presentations on problem gambling and conducts training sessions for treatment providers interested in the special requirements for working with compulsive gamblers and their families.*

*For more information, visit [www.wi-problemgamblers.org](http://www.wi-problemgamblers.org). WCPG is now on Facebook. Log on to Facebook, search for “Wisconsin Council on Problem Gambling” and then click “like.”*

***If you or someone you know has a gambling problem, call the Wisconsin Council on Problem Gambling Helpline at 1-800-GAMBLE-5 for confidential help.***

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