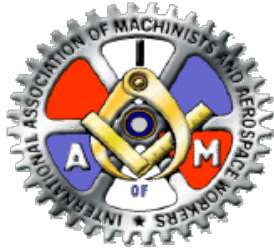




# HELPING HANDS



## The Hidden Risks of Gambling Apps: Understanding the Impact and Finding Help

(ChatGPT Compiled)

In today's digital world, gambling has become easier than ever before. With just a smartphone and a few taps, people can place sports bets, play casino-style games, or participate in online poker anytime and anywhere. Gambling apps can create serious problems for individuals, families, and workplaces when use becomes excessive or difficult to control.

### Why Gambling Apps Can Be Problematic

Unlike traditional casinos or betting locations, gambling apps are available 24/7. Employees can gamble from home, during breaks, or even while at work. The convenience and constant accessibility can make it difficult for some individuals to recognize when casual gambling begins turning into a problem. Many gambling apps are also designed to encourage repeated engagement. Features such as instant wins, near misses, bonus offers, push notifications, and rewards programs may encourage users to continue betting. Sports betting apps create the impression that knowledge of teams or statistics guarantees success. In reality, gambling outcomes remain unpredictable, and losses accumulate quickly. The ease of electronic payments also makes spending less noticeable making it easier to lose track of how much money is being spent.

### The Impact of Problem Gambling

Problem gambling is not simply about losing money. It can affect nearly every aspect of a person's life, including mental health, emotional wellbeing, relationships, and work performance.

### Financial Stress

One of the most common consequences of gambling problems is financial difficulty. Individuals may struggle with debt, missed bills, drained savings, or borrowing money to continue gambling. Financial pressure often leads to increased anxiety and feelings of hopelessness.

### Mental Health Challenges

Problem gambling frequently overlaps with stress, anxiety, depression, or substance use concerns. Some people gamble to escape emotional pain, loneliness, or work-related stress. Unfortunately, gambling often creates more problems over time, increasing emotional distress instead of relieving it.

### Relationship Strain

Families and loved ones may experience conflict, broken trust, or communication difficulties when gambling becomes secretive or financially damaging. Individuals struggling with gambling may isolate themselves or feel ashamed, making it harder to ask for help.

### Workplace Effects

Problem gambling can impact concentration, attendance, productivity, and decision-making. Employees may feel distracted due to financial stress or emotional struggles.

### Warning Signs of Problem Gambling

Recognizing when gambling has crossed the line from recreation to a problem is not easy. Warning signs include:

- Spending more money or time gambling than originally intended
- Feeling restless or irritable when trying to stop
- Chasing losses by continuing to gamble after losing money
- Hiding gambling behavior from family or friends
- Borrowing money or experiencing financial problems due to gambling
- Gambling to cope with stress, sadness, or anxiety
- Difficulty concentrating at work because of gambling-related concerns



## How to Deal with Problem Gambling



Recovery begins with acknowledging that gambling is causing difficulties and taking practical steps toward change. While stopping can feel overwhelming, many people successfully regain control with support and a plan.

### Be Honest About the Situation

Take an honest look at gambling habits. Self-awareness can help identify patterns before problems worsen.

### Set Financial Boundaries

Limit access to money to reduce impulsive gambling. Use self-exclusion programs block access to gambling platforms.

### Replace Gambling with Healthier Coping Skills

Gambling is sometimes used to manage stress or emotional struggles. Healthy coping tools can reduce the urge to gamble during stressful moments.

### Seek Professional Support

Counseling can help individuals better understand emotional triggers and behavioral patterns linked to gambling. Support groups and therapy provide encouragement, accountability, and practical strategies for recovery.

Utilizing your EAP is a valuable first step for employees seeking confidential support. EAP professionals can help connect individuals to counseling services, financial counseling, or specialized gambling treatment programs.

### A Message of Hope

If gambling apps have begun affecting finances, mental health, relationships, or work performance, it is important to know that help is available. Problem gambling can happen gradually and often develops quietly, but recovery is possible with support, honesty, and practical tools.

No one has to face gambling challenges alone. Talking to your EAP representative and exploring treatment options—can begin the process of rebuilding financial stability, emotional wellbeing, and peace of mind.



IAM Peer  
Employee  
Assistance Program

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist union members and their families who are experiencing personal difficulties. EAP peers do not make clinical diagnoses or clinical evaluations; they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experience

IAM EAP Director, District 142

Paul Shultz

704-907-3563 E-mail: [pms Schultz@att.net](mailto:pms Schultz@att.net)

### On Line Gambling Support

Several mobile apps can support recovery from online gambling problems by helping users manage urges, build healthier habits, and access support.

GamBan blocks gambling websites and apps across devices.

BetBlockeroffers is a free gambling-site blocking tool.

Mental wellness apps like Calm or Headspace can reduce stress triggers. Many people also benefit from virtual counseling and peer support through EAP services or recovery communities.