

How Problem Gambling Can Affect Your Job, Relationships, and Career



WORKPLACE
WELLBEING

When a gambling problem grows, work is usually the last domino to fall. By the time it does, the costs add up quickly, and the road to recovery can be long.

Patterns Missouri Gamblers Report

19.8%

Missouri past-year gamblers who said gambling caused serious problems with a partner, friend, or family member.

4.4%

Missouri past-year gamblers who missed a significant amount of work or school time because of gambling.

14.4%

Missouri past-year gamblers who chased losses by returning to win back money.

Source: 2022 Missouri Gambling Prevalence Study

WHY YOUR CAREER DESERVES PROTECTION



Reputational damage that is hard to reverse, even after the gambling stops.



Strained trust with your manager and team.



Risk of disciplinary action that limits future options inside or outside the company.



Possible legal exposure if money, company resources, or expense reports are involved.

Source: NCPG & New York Council on Problem Gambling; The Better Institute

WHERE IT SHOWS UP AT WORK

- Trouble concentrating, missed deadlines, and small mistakes piling up.
- Late arrivals or unexplained absences, especially around big games.
- More personal phone time during meetings and focus blocks.
- Asking coworkers for loans or pay advances more often.
- Fatigue and irritability that show up in your team relationships.

Source: NCPG & New York Council on Problem Gambling; The Better Institute

REACHING OUT IS THE PROTECTIVE MOVE

Talking to your EAP before performance becomes a formal issue is one of the most career-protective steps you can take. Untreated problem gambling carries far more career risk than asking for help.