

Gambling in Asian American Communities

Gambling is widely accepted in Asian American communities. Regional surveys indicate that Asian Americans have a higher rate of problem gambling as compared to the general population (Woo 2003, Petry 2003).

Recent immigrants are at especially high risk for gambling addiction. Facing language barriers and limited social venues, many turn to gambling to cope with stress or to seek excitement.

The Massachusetts Council on Compulsive Gambling works with community organizations and treatment providers to develop and deliver culturally relevant problem gambling treatment programs and services for the state's Asian American communities.

When is Gambling a Problem?

Most people gamble for entertainment, and do so with minimal interruption to their lives. However, others can gamble excessively and continue to gamble despite severe social, emotional and financial consequences. This may cause great harm to themselves and the people around them.

Problems can occur while engaging in any form of gambling: casino gambling, card games, sports betting, lottery, scratch tickets, internet gambling or even mah-jong.

Answering "yes" to one or both of the questions below, may indicate a problem with gambling:

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people about your gambling activity?

Warning Signs

Unlike other addictions where those under the influence may appear intoxicated, problem gamblers usually do not exhibit easily recognizable signs. For that reason, problem gambling is often referred to as "the hidden addiction." However, the following are often warning signs of problem gambling behavior:

- spending more time or money on gambling than intended
- gambling with money meant for essentials such as food, rent, etc.
- neglecting important responsibilities such as work, school or family
- lying to cover up gambling activities
- borrowing money to gamble and trying to win the money back
- feeling regretful about gambling behavior

Where to Get Help?

Gambling addiction is not a sign of moral failure or weakness. Just like other addictions, it is treatable and many people have recovered with professional help and/or self-help options.

The Massachusetts Council on Compulsive Gambling is a private, non-profit health agency dedicated to reducing the social, financial and emotional costs of problem gambling. Please call our confidential helpline and request a free, self-help guidebook.

English: 1-800-426-1234

The Council's Asian American Outreach Initiative

In 2006, the Council expanded its outreach efforts to Massachusetts' Asian American communities and began building necessary support and resources to address problem gambling. The goals of the Council's Asian American Outreach Initiative are to:

- build the capacity of partner organizations to treat Asian American problem gamblers and their families
- provide the Asian American community with access to the Council and its services
- and increase public awareness of problem gambling and its social impact within the Asian American community

Contact Us

For more information or to become involved with the initiative, please call the Council's Asian Community Program Manager at 1-857-383-3563 or visit our website at: www.masscompulsivegambling.org.



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We understand the problem. We can help.

麻州賭博問題諮詢會



Is gambling a problem for you or someone you know?

賭博對您本人或您認識的人是否造成問題?

Do you want to learn more about help for problem gambling?

您想多了解我們為受賭博困擾的朋友所提供的援助嗎?

請電保密專線：
1-857-383-3557

亞裔社區內的賭博活動

賭博在亞裔社區中被廣泛接受。區域性問卷調查顯示，亞裔的賭博問題較其它族群為高（Woo 2003，Petry 2003）。

新移民尤其有賭博上癮的高風險。由於面對語言障礙及有限的社交環境，很多人用賭博來應對壓力或尋找刺激。

麻州賭博問題諮詢會與社區組織及治療人員合作，為亞裔社區開發及提供與語言文化相關的問題賭博治療計劃與服務。

賭博在什麼情況下會造成問題？

多數人賭博是為了娛樂，並且不會妨礙自己的生活。但是，有一些人沉湎賭博，儘管賭博已經帶來嚴重的社會、精神及財務後果，仍然繼續賭博。這可能會給自身及周圍的人造成傷害。

參與任何形式的賭博都可能出現問題：賭場賭博、紙牌遊戲、下注運動項目、彩票、刮刮樂、網上賭博，甚至麻將。

對以下一個或兩個問題回答「是」,可能表示有賭博問題的存在：

1. 您是否曾經感到需要下的賭注越來越大？
2. 您是否曾經就自己的賭博活動對別人撒謊？

警告跡象

其他成癮者可能看起來有發癮的行為，問題賭博者與之不同，他們通常沒有容易辨認的跡象。因此，問題賭博經常被稱為「隱性成癮」。但是，以下特徵常常是問題賭博行為的警告跡象：

- 在賭博方面花費的時間或金錢超出原先的計劃
- 用本來打算用於生活必需品（例如食品、租金等）的金錢來賭博
- 忽視重要的責任，例如工作、上學或家庭

- 爲了掩飾賭博活動撒謊
- 借錢賭博，並試圖把錢贏回來
- 對賭博行為感到後悔

從何處尋求幫助？

賭博成癮不是道德淪喪或弱點的標誌。與其他成癮行為一樣，賭博成癮是可以治療的，很多人透過專業人員的幫助及/或自我幫助的方式恢復健康。

麻州賭博問題諮詢會是非營利性私人健康機構，致力於減少問題賭博造成對社會、財務及精神上的損失。請電我們的保密專線，索取免費自助指南。

1-857-383-3557（中文）

諮詢會的亞裔社區宣導計劃

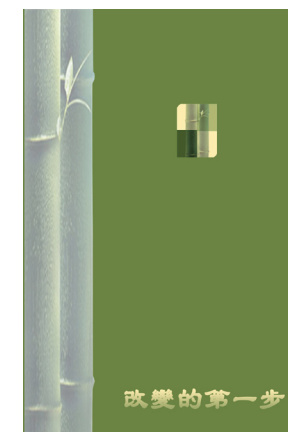
自2006年起，本會將宣導活動擴大到亞裔社區，開始建立解決問題賭博的必要支援與資源。宣導活動的目的是：

- 培養合作夥伴機構為亞裔問題賭博者及其家人提供治療的能力

- 向亞裔社區提供與本會聯絡以及利用本會服務的途徑
- 提高亞裔社區公眾對問題賭博及其社會影響的認識

聯繫我們

如需更多資訊或有意參與本項計劃，請電本會亞裔社區計劃主管：
1-857-383-3563 或查詢我們的網站
www.masscompulsivegambling.org。



本出版物由哈佛醫學院成癮研究分部病態嗜賭研究院、麻州公共衛生部濫用藥物服務局及麻州財務長辦公室與麻州彩票中心合作提供贊助。