

WHAT IS GAMBLING?

Gambling is risking money or personal belongings on an outcome that is uncertain with the risk of losing something valuable.



ALTERNATIVES TO GAMBLING

Watching a movie

Riding a bike

Going out dancing

Volunteering

Learning to cook

Drawing or painting

Shopping

Playing a board game

Going out on a date

Learning to play a new
instrument



HEALTHY GAMBLING

Treat the money you gamble with as cost of entertainment

Set a dollar limit and stick with it

Expect to lose

Leave your credit card at home

Know when to walk away

Create a balance in your life

Avoid gambling as a way to cope with emotional or physical pain

Become educated about the warning signs of problem gambling

SIGNS OF A GAMBLING ADDICTION

Unexplained absences from class, withdrawal from family and friends,
or a sudden drop in grades

Loss of interest in non-gambling activities

Increased use of gambling language, including the word "bet" in conversations

Talks more about wins and tries to hide gambling losses
or lies about engaging in gambling behavior

Gambles to escape worry or problems

Unsuccessful attempts to cut back

Unexplained debt

Borrows money to gamble

Possession of a large amount of money or brags about winnings

HELPING A FRIEND

Educate yourself about the problem, its effect on the gambler and his/her family and friends

Avoid lending the gambler money as this will only contribute to the problem

Talk to them using "I" statement and let them know you are concerned

Actively listen to what they say

Suggest to the person they may want to: set limits on gambling, talk to another trusted person, or seek professional help

Encourage them to put their name on the list for the voluntary exclusion program and on individual casino self-exclusion lists

HELPING YOURSELF

Be honest with yourself about the problem

Seek help for yourself

Do not try to deal with the problems alone

Talked to a trusted friend or family member or
seek professional help

WHERE CAN I GO FOR HELP?

MU Counseling Center

<http://www.counseling.missouri.edu>
1-573-882-6601

MU Wellness Resource Center

<http://wellness.missouri.edu>
1-573-882-4634

Missouri Alliance to Curb Problem Gambling

<http://www.888BETSOFF.com>
1-888 BETS OFF (1-888 238 7633)

Gamblers Anonymous

<http://www.gamblersanonymous.org>
National Office: 213-386-8789

Peer support network

<http://www.istoppedgambling.com>

Gam-Anon

<http://www.gam-anon.org>
718-352-1671

