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