

Anyone Can Have A Gambling Addiction

The first step to overcoming a gambling problem is recognizing that you have one. The next step is realizing that you or your loved one might not be successfully dealing with the gambling problem, and help is needed. While most people who gamble can control their involvement, the problem gambler cannot. It is often a loved one who identifies the warning signs and takes action.

Are You Or Someone You Know At Risk Of Developing A Gambling Problem?

1. Have you ever tried to stop, cut down or control your gambling?
2. Have there ever been periods lasting two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets?
3. Have you ever lied to family members, friends or others about how much you gamble or how much money you lost on gambling?
4. Do you have: a family history of any addictive or compulsive behaviors; a high amount of stress; feelings of isolation, loneliness or depression; chronic pain or health problems; and/or a recent personal loss?

If you are experiencing any of the above; call now for support and referral. It is never too early to ask for help.

When Is It Time To Get Help?

When gambling becomes a necessity and is no longer a form of entertainment for you or a loved one, you need to seek help. Compulsive gambling is a disease. And, like any disease, it can be diagnosed and treated. Ask yourself the following questions to see if your gambling may be a problem:

- Have you often gambled longer than you had planned?
- Have you often gambled until your last dollar was gone?
- Has gambling ever made your home life unhappy?
- Do you become restless or irritable when trying to cut back or stop gambling?
 - Have you ever broken the law or considered breaking the law to finance your gambling?
 - Do you rely on others for financial help and/or to finance your gambling?
 - Has your gambling ever caused you to be careless of the welfare of yourself or your family?
- Do you gamble to escape problems or to feel better?
- Have you ever gambled to get money to pay bills or otherwise solve financial difficulties?
- After losing, have you ever gambled in an attempt to win it back?
- Have you ever considered hurting yourself or suicide as a result of your gambling?

Source: Gamblers Anonymous and South Oaks Gambling Screen

Help Is Available

If you or someone you know is experiencing any of the warning signs of a gambling problem, call 1-888-BETSOFF (1-888-238-7633) for 24-hour confidential assistance, e-mail freehelp@888betsoff.org or visit 888betsoff.org. Counselors are available to answer questions and provide information about resources to assist both the gambler and the gambler's family.

Missouri has a network of trained problem gambling counselors throughout the state. Ask the staff at 1-888-BETSOFF for information about attending a Gamblers Anonymous meeting in your town. Professional counseling and participation in Gamblers Anonymous is a gambler's best chance at recovery.



Just Reach Out For It

It's that simple. Help is just a
phone call away.

1-888-BETSOFF
(1-888-238-7633)

MISSOURI ALLIANCE
TO CURB PROBLEM GAMBLING

Missouri Alliance to
Curb Problem Gambling
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