

Taking The First Step

Facing a gambling problem can be an overwhelming experience filled with fear, anxiety and confusion. At that point it is not possible to figure out all the answers, but it is vitally important to begin asking the questions.

If you or someone you know is experiencing any of the warning signs of a gambling problem, call the Problem Gambling Help Line at 1-888-BETSOFF for 24-hour confidential assistance. Caring and knowledgeable counselors are available to answer questions and provide information about appropriate resources to assist both the gambler and the gambler's family.

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
P.O. Box 104591
Jefferson City, MO 65110

www.888BETSOFF.org

HOPE



FOR
YOU
AND
YOURS

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

Call us for help if you or someone you
know has a gambling problem.

www.888BETSOFF.org

Free help for problem gambling.

Who Can Have A Gambling Addiction?

Anyone can. A friend or co-worker. A spouse or partner. Even you.

The first step to overcoming a gambling problem is recognizing you have one. The next step is recognizing that it may not go away without help.

If you think you or someone you know might have a problem with gambling, call 1-888-BETSOFF (1-888-238-7633).

Your toll-free call can put you in touch with people who understand your situation and can refer you to **free** treatment programs available to problem gamblers and their family members.

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

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.
- A recent personal loss?

If you have any of these risk factors, you should avoid gambling and other activities that may become addictive.

Many problem gamblers have a difficult time recognizing they have a problem. It is often a friend or family member who recognizes the warning signs and takes action.

Covering up for the problem gambler can enable him or her to continue the destructive behaviors. There are times when the problem gambler is ready to listen and to discuss his or her problems with gambling. Friends and family members should use these openings to express their support for efforts to address the problem and emphasize that free help is available. Encourage your loved one to call the 1-888-BETSOFF toll-free help line to find out more. You can also visit www.888BETSOFF.org.

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. But it's important to do so right away.

So if you think you or someone you know might have a gambling problem, do something about it.

Ask yourself the following questions to see if your gambling may be a problem:

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

Source: Gamblers Anonymous and South Oaks Gambling Screen

If you or someone you know answers "Yes" to any of these questions, call Missouri's problem gambling help line, 1-888-BETSOFF (1-888-238-7633). The call is toll free and confidential.

Help Is Available

A variety of free resources are available to Missouri residents. Resources include counseling, the statewide voluntary exclusion program, self-helping options for casinos and self-help groups. Information about these resources and others can be found by calling 1-888-BETSOFF or by visiting www.888BETSOFF.org.

Counseling provides people with an opportunity to discuss issues or concerns with a professional in a safe, confidential, non-threatening and accepting environment. The free counseling is provided to Missouri residents through the Missouri Department of Mental Health to the problem gambler and his or her family members and may be available in your area.