

Get Help for a Gambling Problem and Get Your Life Back

Are you Answering "Yes" to any of These Symptoms?

- Preoccupied with gambling and unable to stop?
- Bragging about gambling, exaggerating wins and minimizing losses?
- Restless and irritable when not gambling?
- Gambling to "feel better"?
- Borrowing money for gambling?
- Lying to hide time spent gambling or unpaid debt?
- Chasing losses (gambling to win back losses)?
- Losing work time because of gambling?
- Doing something illegal to get money for gambling?
- Jeopardizing a significant relationship or job by gambling?

If so, it's time to call for help. Problem gambling is not a bad habit or moral weakness. It is a serious condition that affects you, your family, your friends, your job... With help, problem gamblers can put the game in perspective and make decisions to improve their lives.



If someone you know is gambling too much, call 1-877-MY LIMIT. Certified counselors are there 24 hours a day to help problem gamblers, their friends, and family by listening, educating, and lighting the path for people to see their choices and improve their quality of life.

For e-mail, live chat, instant messaging and other problem gambling resources and information, go to 1877mylimit.org.

More resources to help identify and understand problem gambling and contact information for treatment providers in your area is available online at 1877mylimit.org or www.oregonlotteryhelp.org.

Get help for a gambling problem

Treatment is free, confidential and it works.



1-877-MY-LIMIT
(695-4648)



1877 MY LIMIT.ORG
CHAT

PROBLEM GAMBLING HELP TALK OR CHAT



1-877-MY-LIMIT
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1877 MY LIMIT.ORG





Treatment Works

Oregon is internationally recognized for its system of treatment for problem gamblers and their families. Each year over two-thousand people enroll in one of Oregon's twenty-seven problem gambling treatment programs. Treatment options include telephone counseling, in-person counseling with a certified gambling counselor, or residential treatment. Eight out of every 10 people who receive state-funded help either stop gambling or greatly reduce their gambling.



When Their Problem is Your Problem

If you are the spouse or family member of a problem gambler, it is important for you to:

- Realize that you are not responsible for the gambler's behavior.
- Reach out for support and help - talk to people you trust, call the problem gambling help line (1-877-MY LIMIT) or Live chat, IM, e-mail at 1877mylimit.org.
- Take care of yourself.
- Stay in touch with your feelings.

Help is Available

Spouses, partners, and family members of problem gamblers often feel frustrated, angry, sad, ashamed, and isolated. Depression and stress related illness are common. Fortunately, help is available that is no-cost, confidential, and effective. Hundreds of family members of problem gamblers are assisted each year in Oregon's system of care.

Chat Help is Available Too

If you'd rather not call, let your fingers do the talking online. Go to www.1877mylimit.org to chat live with a certified gambling counselor for help or advice. It's free and you can remain anonymous. Chat hours are 9:00 a.m – 9:00 p.m. Monday – Friday.

Talking to Someone You Care About

Just thinking about talking to someone about a gambling problem can be scary, but knowing how to start can help you find the courage to start the conversation. First, choose a comfort-

able place where you won't be disturbed, then keep it simple and straightforward.

- Tell the person you care about him and you're concerned about how he is acting.
- Tell the person exactly what she's done that concerns you.
- Tell the person how his behavior is affecting other people and be specific.
- Be clear about what you expect from them and what they can expect from you.
- After you've told the person what you've seen and how you feel, allow him to respond. Listen with a non-judgmental attitude.
- Let the person know you are willing to help, but don't try to counsel him yourself.
- Give the person information, not advice. Give her this brochure. Encourage them to call the help line.

A problem gambler doesn't necessarily need to "hit bottom" to decide to get help. To get specific advice on how and when to approach the problem gambler you know, call 1-877-MY LIMIT (1-877-695-4648) or log on to www.1877mylimit.org.



If you think you might be gambling too much, or if you are worried about a friend or relative? Help is available.

Call Oregon's toll-free problem gambling help line or visit us online.



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CHAT