

*Is Gambling
Getting in the Way?*
THERE'S HOPE



Treatment is free, confidential and it works.

For most people, gambling is a form of recreation. However, for some gambling can become a serious problem. Problem gambling is any gambling behavior that has a negative effect on your life or the lives of people close to you. How would you know if gambling is becoming a problem?

Here are some signs to look for:

- Preoccupied with gambling and unable to stop
- Unsuccessful attempts to cut back or stop gambling
- Increasing bet amounts to get the desired excitement
- Spending more time or money than you intend or borrowing money for gambling
- Restless and irritable when not gambling
- Gambling to escape worries, frustrations or disappointment
- Lying to hide time spent gambling or unpaid debt
- Gambling to win back losses
- Losing work time or missing school because of gambling
- Doing something illegal to get money for gambling
- Putting a significant relationship at risk

It is important to know that there is hope and help. If you or someone you know is gambling too much, contact the Oregon Problem Gambling Resource to speak with a problem gambling specialist. Help is available at no cost for the problem gambler, friends or family.

Get help for
problem gambling

Treatment is free, confidential and it works.



1-877-MYLIMIT



OPGR.ORG



503-713-6000

OPGR
OREGON PROBLEM GAMBLING RESOURCE