

Are you concerned you might have a gambling problem?



Here are some warning signs. Do you:

Find yourself reliving past gambling experiences, planning the next venture, or thinking of ways to get money to gamble?

Need to gamble with increasing amounts of money in order to feel the excitement?

Become restless or irritable when attempting to cut down or stop gambling?

Gamble as a way of escaping from problems or relieving guilt, anxiety or depression?

Often return another day in order to get even or chase your losses after gambling?

Lie to family members, friends, therapist or others to conceal the extent of involvement with gambling?

Participate in illegal activities (e.g. forgery, fraud or theft) in order to finance your gambling?

Jeopardize or lose a significant relationship, job or educational or career opportunity because of gambling?

Rely on others to provide money to relieve a desperate financial situation caused by gambling?

Attempt to control, cut back or stop gambling but are unable to do so?

If you scored 1-2, you are at-risk; 3-4, you are a problem gambler; 5 or more, you are a compulsive gambler. Please consider seeking help by calling the Ohio Problem Gambling Helpline 1-800-589-9966.

Getting Help

Gambling Addiction Treatment (Ohio locations)

Health Recovery Services	Athens	740-592-6720
Recovery Resources	Cleveland	216-923-4021
Central Community Health Board	Cincinnati	513-559-2900
SASI	Toledo	419-243-7274
Meridian Community Care	Youngstown	330-797-0070
Maryhaven	Columbus	614-445-8131
Ohio Problem Gambling Hotline		1-800-589-9966

Resources

Problem Gambling Network of Ohio: <http://pgnohio.org/>

Gamblers Anonymous: (www.gamblersanonymous.org) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Gam-Anon: (www.gam-anon.org) is a self-help organization for the spouse, family or close friends of compulsive gamblers.

Your First Step to Change Online Workbook:

(http://basis.typepad.com/basis/selfhelp_tools.html) This guide will help you understand gambling, figure out if you need to change, and decide how to deal with the actual process of change

The National Council on Problem Gambling: 202-547-9204 <http://www.ncpgambling.org>

State of Ohio Department of Alcohol and Drug Addiction Services: 614-466-3445 www.ada.ohio.gov