

Getting Help is your **BEST BET**

The least risky thing you can do is taking advantage of no out-of-pocket cost counseling available to Kansas residents who are concerned about their gambling or someone they care about.

1-800-522-4700

It's **CONFIDENTIAL**, 24/7, and quite possibly the first step to turning things around.

Counselors trained to recognize gambling risks can point you to a certified counselor near you. And if you choose that option, there's no cost.

www.KSgamblingHelp.com

Need More INFORMATION?

If someone's gambling problem has become your problem, there's help for you, too.

www.KSgamblingHelp.com has links to important information for affected and concerned others about no-cost help for themselves, and the organizations across Kansas are dedicated to assisting problem gamblers, friends, and family.

(1) NODS CIIP: National Opinion Diagnostic Survey Problem Gambling Self-Assessment

**Kansas Responsible
Gambling Alliance**
www.KSgamblingHelp.com

Gamblers Anonymous
www.gamblersanonymous.org

Family and Friends
www.KSgamblingHelp.com/help-for-family-a-friends.html

Gam-Anon
www.gam-anon.org

Professionals
Certification information, events and course listings visit:
www.kansasbehavioralhealthservices.org

Community Problem GAMBLING TASK FORCES

**Southwest Kansas
Problem Gambling Task Force**
www.KSgamblingHelp.com/communities/ford-county-problem-gambling-task-force.html

**South Central Kansas
Problem Gambling Task Force**
[www.facebook.com/
SouthCentralKSProblemGamblingTaskForce](http://www.facebook.com/SouthCentralKSProblemGamblingTaskForce)

**Northeast Kansas
Problem Gambling Task Force**
[www.facebook.com/
NortheastKansasProblemGamblingTaskForce](http://www.facebook.com/NortheastKansasProblemGamblingTaskForce)

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WHEN GAMBLING IS NO LONGER A GAME OF CHANCE

How to keep the odds in your favor.



**KNOW YOUR
LIMITS.**
Understand
all the Risk.

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Kansas
Department for Aging
and Disability Services

How to Keep the Odds IN YOUR FAVOR

Gambling is no longer a harmless form of recreation when it affects your family, relationships, jobs, financial health, or your state of mind. Those are just a few of the downside risks when gambling becomes a problem. Here's how to keep the odds in your favor that you can enjoy responsible gambling without falling victim.

KNOW YOUR LIMITS

Answering “Yes” to any of these
QUESTIONS⁽¹⁾ SHOULD
BE AN ALARM.

- Have you ever tried to stop, cut down, or control your gambling?
- Have you ever lied to family members, friends or others about how much you gamble or how much money you lost on gambling?
- Have there been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets?

These are the warning signs of a gambling problem and that you're at risk of losing a lot more than you bet on.

Understand ALL THE RISKS

Gamblers Anonymous and AL Anon point to other warning signs that it's time to turn things around. If you've felt four or more of these symptoms over a year's time, it'll be worth your while to talk to someone who understands and can give you options.

- Restless or irritable when attempting to cut down or stop gambling.
- Made repeated unsuccessful efforts to control, cut back, or stop gambling.
- Often preoccupied with gambling.
(e.g. having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble)
- Often gamble when feeling distressed.
(e.g. helpless, guilty, anxious, depressed)
- After losing money gambling, often return another day to get even.
- Lie to conceal the extent of involvement with gambling.
- Jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
- Rely on others to provide money to relieve desperate financial situations caused by gambling.
- Need to gamble with increasing amounts of money in order to achieve the desired excitement.



If you're a Kansas resident there's
no out-of-pocket cost help:

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