

## You are Not **ALONE**

It is estimated that 1 in 7 Kansans are affected by the gambling of a friend or family member. If you're among those impacted by problem gambling, you're not alone. And there is help for you and the person you care about.

### You can reach out for support in the following ways:

- Call the Kansas Problem Gambling Helpline at 800.522.4700 or find us online at [KSgamblingHelp.com](http://KSgamblingHelp.com).
- Seek counseling. Kansas has treatment available at no out-of-pocket cost to you, even if the problem gambler does not access treatment. Call 800.522.4700 to learn about the service.
- Receive support through Gam-Anon at [www.gam-anon.org](http://www.gam-anon.org).
- Encourage the problem gambler to consider the Voluntary Exclusion Program by calling 785.296.5800.
- Seek individual counseling or couple's counseling to help cope and process this problem.
- Explain problem gambling to any children in the home.
- Recognize your partner's good qualities. Let your partner/family member know you are seeking help for yourself due to the way gambling affects you.
- Take control of family finances; review bank and credit card statements.
- Remain calm when speaking to your partner/family member about their gambling and its consequences.
- Understand the need for professional help both for yourself and for the problem gambler.

## 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.<sup>(2)</sup>

## [www.KSgamblingHelp.com](http://www.KSgamblingHelp.com)

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

(2) Treatment for problem gambling in Kansas is available at no cost to problem gamblers, family members and others affected by the problem. The State of Kansas will supplement insurance co-pays, deductible, or the entire cost for uninsured families including associated transportation costs for up to 12 counselling sessions for anyone diagnosed with a gambling addiction. Treatment beyond those 12 sessions is available if mental health professionals consider it necessary.

# WHEN SOMEONE'S **GAMBLING PROBLEM HAS BECOME YOUR PROBLEM**

The harmful consequences of problem gambling are not limited to only the gambler.



## Getting Help is your **BEST BET**

**800-522-4700**  
**KSgamblingHelp.com**

## The Harmful Consequences of Problem Gambling Are Not **LIMITED TO ONLY THE GAMBLER.**

Deteriorating relationships, finances, and emotional well-being can engulf friends, family, and co-workers. Kansans entering treatment reported these problems:

- Borrowing money from friends & family
- Trouble paying bills
- Accumulated credit card debt
- Wrote bad checks
- Obtained pay day loans

If this sounds familiar help is at hand for all concerned.

Treatment for problem gambling in Kansas is available at no cost to problem gamblers, family members, and others affected by the problem. The State of Kansas will supplement insurance co-pays, deductible, or the entire cost for uninsured families, including associated transportation costs for up to 12 counseling sessions for anyone diagnosed with a gambling addiction. Treatment beyond those 12 sessions is available if mental health professionals consider it necessary.

Family is a vital component to the treatment and recovery of someone struggling with a gambling problem. However, it is equally important for you to obtain the support, treatment, and resources you need during this recovery process.

### Kansans have two valuable gateways for help and additional resources.

You can get more information now.

The Kansas Problem Gambling Helpline is available 24/7 with trained staff to answer your questions, refer a counselor or offer other support.

**1-800-522-4700**

For links to important information for affected and concerned others about no-cost help for themselves and the organizations across Kansas dedicated to assisting problem gamblers, friends, and family visit:

**[www.KSgamblingHelp.com](http://www.KSgamblingHelp.com)**

## Gam-Anon® 20 INDICATORS

If you answer “yes” to at least six, please contact us for help.

- Do you find yourself constantly bothered by bill collectors?
- Is the person in question often away from home for long, unexplained periods of time?
- Does this person ever lose time from work due to gambling?
- Do you feel that this person cannot be trusted with money?
- Does the person in question faithfully promise that he or she will stop gambling; beg, plead for another chance, yet gamble again and again?
- Does this person ever gamble longer than he or she intended to until the last dollar is gone?
- Does this person immediately return to gambling to try to recover losses, or to win more?
- Does this person ever gamble to get money to solve financial difficulties or have unrealistic expectations that gambling will bring the family material comfort and wealth?
- Does this person borrow money to gamble with or to pay gambling debts?
- Has this person's reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?
- Have you come to the point of hiding money needed for living expenses knowing that you and the rest of the family may go without food and clothing if you do not?
- Do you search this person's clothing or go through his or her wallet when the opportunity presents itself, or otherwise check on his/her activities?
- Does the person in question hide his or her money?
- Have you noticed a personality change in the gambler as his or her gambling progresses?
- Does the person in question consistently lie to cover up or deny his or her gambling activities?
- Does this person use guilt induction as a method of shifting responsibilities for his or her gambling upon you?
- Do you attempt to anticipate this person's moods, or try to control his or her life?
- Does this person ever suffer from remorse or depression due to gambling, sometimes to the point of self-destruction?
- Has the gambling ever brought you to the point of threatening to break up the family unit?
- Do you feel that your life together is a nightmare?