Learn The Warning Signs That **You Might Be at Risk.**

1. Have you ever tried to stop, cut down or control your gambling?

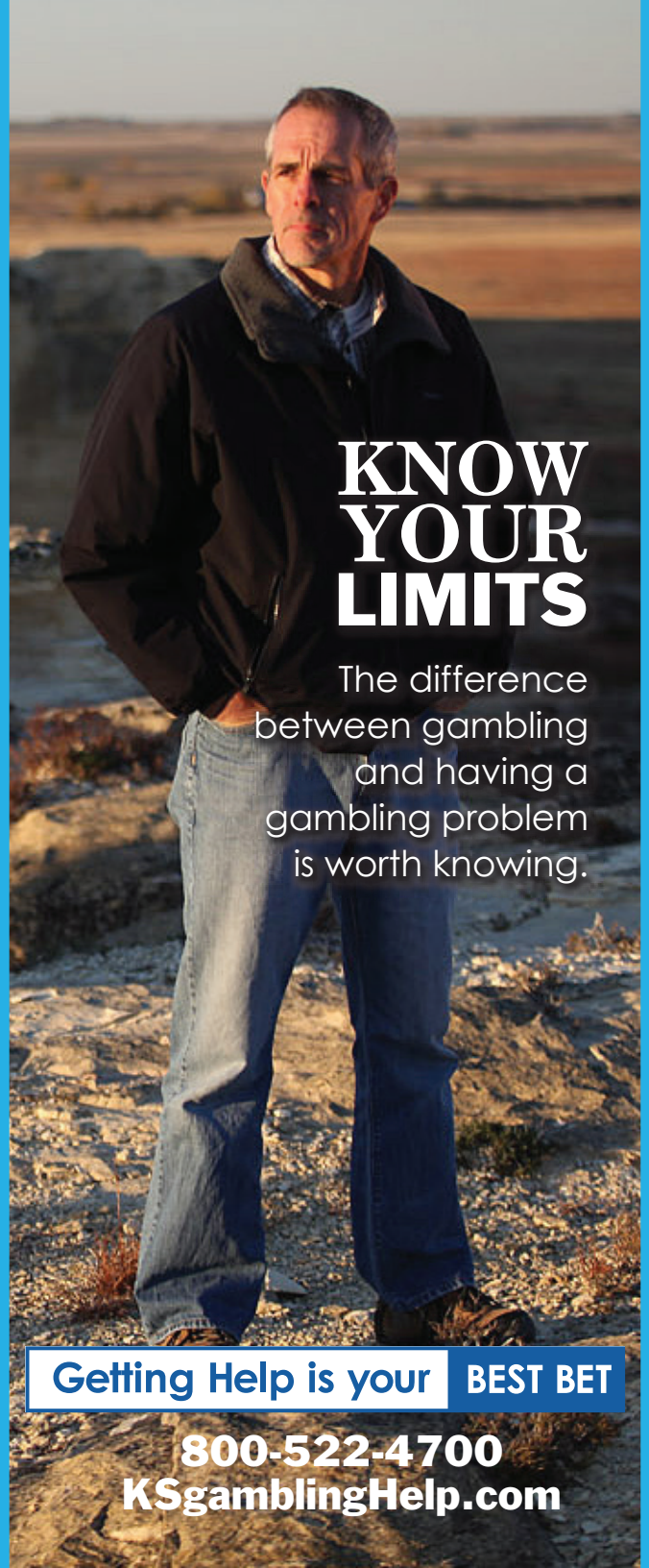
2. Have you ever lied to family members, friends or others about how much you gamble or how much money you lost gambling?

3. Have there been periods of two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets?

If you answered yes to any of these questions call

800-522-4700
or go to
KSgamblingHelp.com

Getting Help is your BEST BET



KNOW YOUR LIMITS

The difference between gambling and having a gambling problem is worth knowing.

Getting Help is your BEST BET

800-522-4700
KSgamblingHelp.com

Know Your LIMITS

The difference between gambling and having a gambling problem is worth knowing.

The vast majority of Kansans who gamble do so responsibly. Many, however, say they gamble more than they can afford to lose and want to cut back on the amount of time or money spent betting.

Three questions in the National Opinion Diagnostic Survey (NODS) are 88% predictive in identifying virtually all pathological gamblers and most problem gamblers diagnosed by professionals administering the complete NODS.

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

What Does "RESPONSIBLE GAMBLING" MEAN?

Absent its harmful effects, gambling doesn't have to spell problems if you're mindful of the risks and warning signs. Summarized from Gamblers Anonymous consider this self-assessment that may reveal if gambling is exerting an unwanted influence on your quality of life.

- Losing time from work or school; or gambling longer than you'd planned.
- Contributing to an unhappy home life or being careless about your family's welfare.
- Affecting your reputation or causing remorse.
- Gambling to get money to pay debts or otherwise solve financial difficulties; or being reluctant to use "gambling money" for normal expenditures.
- Gambling to "win more" or "win back losses"; or to celebrate any good fortune.
- Gambling more than you can afford to lose, or borrowing or selling something to fund your gambling.
- Gambling to escape worry, trouble, boredom, or loneliness.
- Arguments, disappointments, or frustrations trigger an urge to gamble.
- Cause of sleeplessness.

If you answered "yes" to any of the warning signs or are concerned you may have a gambling problem, more information is available online or call the confidential Kansas Problem Gambling Helpline where you can learn about out-of-pocket cost treatment options and support programs.

800-522-4700
KSgamblingHelp.com

In a recent survey of adult Kansans one-fifth (21%) of respondents who endorsed casino machine games as their favorite form of gambling also replied "yes" to at least one problem gambling screening question.

About one-third (32%) of respondents that patronized a casino in the past 30 days affirmed one or more problem gambling screening questions, suggesting a large portion of casino gamblers are at heightened risk of having a gambling disorder or developing one.

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

The consequences of problem gambling can be emotional, physical, and financial. These consequences can extend to the friends, families, co-workers, and even the employers of those affected by the gambling of others. Children of problem gamblers have a higher probability of developing a gambling problem.