



Community Concerns

Dealing With A Gambling Problem

(NAPS)—People with a gambling problem can find help—regardless of how long they have been gambling or how many financial or legal problems their addiction has caused. The National Council on Problem Gambling (NCPG), which offers nationwide confidential services for those who have problems with gambling, says one of the first steps is to recognize the warning signs of a gambling problem. They include:

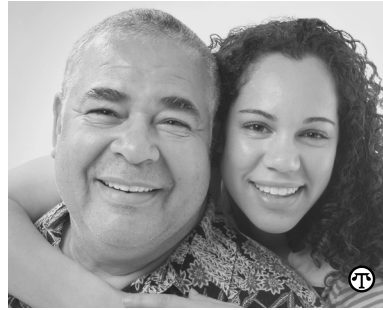
- Gambling for a longer time and/or more money than intended;
- Gambling in an effort to try to win back what you've lost;
- Lying to loved ones about the amount of time or money spent gambling.

It's estimated that 2 to 3 percent of the U.S. adult population has a gambling problem. It can affect men or women of any age, race or religion, regardless of social status. And as more Americans are gambling than ever before, families and communities are finding it is important to be aware of the consequences of problem gambling.

New Concerns

Opportunities to gamble have never been more widely available or heavily promoted. Previous restrictions on advertising have been loosened or lifted. Most computer users are just a mouse click away from high-stakes, high-speed—and high-risk—gambling.

If you think you or someone you know might have a problem, the National Council on Problem Gambling may be able to help. NCPG and its 35 state affiliate chapters work to increase public awareness of problem and pathological gambling and to ensure the



Help is available for problem gamblers and the family members concerned about them.

widespread availability of treatment for problem gamblers and their families. It also operates the 24-hour National Problem Gambling Helpline, a link to treatment, recovery groups and other resources for problem gamblers and their family members.

Materials developed for National Problem Gambling Awareness Week are available free of charge. These anonymous, non-judgmental tools are helpful for problem gamblers, for friends and family of problem gamblers, for health care professionals and for community members.

“A problem gambler doesn't need to wait to 'hit bottom' before asking for help,” says Jeff Beck, LPC, CCGC, JD, Chair of National Problem Gambling Awareness Week campaign. “And because so many addicted gamblers are in denial, we offer support to the family members as well. When their problem is your problem, you can call the helpline to learn what help is available.”

To learn more or to find help, call toll free (800) 522-4700 or visit www.ncpgambling.org.

Did You Know?

The National Problem Gambling Awareness Week campaign provides free materials on gambling problems. To learn more or to find help, call toll free (800) 522-4700 or visit www.ncpgambling.org.

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APPROVED

By Arly Evensen at 9:12 am, Feb 15, 2008

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