

A gambling disorder is a condition that's gaining national attention. That's why it's so important to increase awareness, and more importantly, help those at-risk get the resources they need.

“There is no amount of money that I could win that would even amount to what I've lost gambling.”

— Anonymous Helpline caller

## WHAT IS AT-RISK GAMBLING?

Gambling may be considered a recreational activity, but it can also lead to a serious addiction. An individual experiencing problem gambling is unable to stop the behavior, causing negative psychological, physical, social and vocational consequences.

It's a downward spiral that can quickly become a problem.



For accessible formats of this publication or assistance with additional equal access to human services, write to [dhs.problemgamblingprogram@state.mn.us](mailto:dhs.problemgamblingprogram@state.mn.us), call 651-431-2460, or use your preferred relay service.

# MOVING PAST A GAMBLING PROBLEM



## WHAT ARE THE SIGNS OF A GAMBLING PROBLEM?

Although it can be difficult to spot, there are notable signs of unhealthy gambling. Unusual behavior can emerge along with frequent mood swings and elaborate stories to account for a sudden increase or loss of money. The person with a gambling problem often shuts out friends and family – anything that competes with the opportunity to gamble.

## WHAT ARE OPTIONS FOR HELP?

A gambling problem can affect people of all ages, genders, cultures and backgrounds. But no matter who you are, help is available. To find the right kind of help for you or someone you know, call **1-800-333-HOPE** or text **HOPE to 61222**. These 24-hour helplines are confidential and will give you information and referral services in your area. For information online go to [www.getgamblinghelp.com](http://www.getgamblinghelp.com).

“It was in a repetitive cycle, I would get up, gamble, sleep, and then I would do it all again.”

— Anonymous Helpline caller



## INPATIENT AND OUTPATIENT SERVICES

Options for help are available to those in Minnesota. Please contact a state approved provider for more information. Funds are also available for up to 12 hours of intervention services for concerned family members or significant others who are Minnesota residents, affected by problem gambling.

Inpatient treatment programs can be particularly beneficial for individuals who may have tried other methods to stop gambling and were not successful. Such treatment removes the stresses of daily life and provides those recovering with 24-hour care and the support of a peer group – key elements in creating positive change.

Outpatient treatment services provide confidential treatment for those trying to balance life with recovery. The benefit of an outpatient program is its schedule flexibility to help maintain commitments to work, home and family.

## BOTH METHODS TYPICALLY INCLUDE:

- Assessment and evaluation
- DUI and DWI assessments
- Individualized plans
- Interventions
- Individual & family mental health counseling
- Women's programs
- Men's programs
- Education
- Relapse prevention programs

## HOW DO YOU HELP?

- Tell them you care and are concerned about their behavior
- Be specific about your goals
- Don't judge - instead, listen
- Say what you want them to do
- Offer to help; explain what you're willing to do
- Keep the door open for future discussions

## GET HELP NOW

The Helpline is a free, confidential information and referral resource.

Call **1-(800)333-HOPE**  
or text **HOPE to 61222**

For more information:

Visit [GetGamblingHelp.com](http://GetGamblingHelp.com)  
or [NoJudgement.com](http://NoJudgement.com)