

# GAMBLING ADDICTION

*It's Not Just a Game.*  
It's a serious mental health concern.

Gambling addiction, also known as compulsive gambling or problem gambling, is the inability to stop gambling despite the negative consequences.

You are  
not weak.  
You are not  
alone. Help  
is available.

## SIGNS & SYMPTOMS

- Preoccupation with gambling
- Need to gamble with increasing amounts of money
- Restlessness or irritability when trying to cut back
- Lying to family or friends about gambling
- Chasing losses
- Neglecting responsibilities, work, or relationships
- Using gambling to escape stress, anxiety, or depression
- Financial problems or borrowing money

## THE IMPACT CAN AFFECT:

- Mental Health
- Finances
- Relationships
- Work or School
- Self-Esteem
- Overall Well-Being



Recovery  
is possible.  
Hope is real.  
Your life  
matters.

## BREAKING THE CYCLE

- Admit there is a problem.
- Reach out for help.
- Avoid triggers and risky situations.
- Build a support system.
- Learn healthy coping skills.
- Focus on healing and personal growth.

*You Deserve:*

- Peace of mind
- Financial freedom
- Stronger relationships
- A better future

## WHY DO PEOPLE GAMBLE?

- Escape from problems
- Thrill of winning
- Chasing losses
- Pressure or stress
- Boredom

There are healthier ways to cope.

## RESOURCES & HELP

- National Council on Problem Gambling  
Call or Text: 988  
Chat: 988lifeline.org
- National Problem Gambling Helpline  
1-800-522-4700
- Gamblers Anonymous  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)
- Talk to a therapist.  
You don't have to face this alone.



*One step at a time.  
You can take back control of your life.*

*Asking for help  
is a sign of strength,  
not weakness.*



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You don't have to go through  
it alone. We're here to help.

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