

Support the Council

The Montana Council on Problem Gambling relies on the generosity of individuals and organizations to continue its education and treatment programs. We strive to make treatment affordable for all clients.



If you wish to help, please place your contribution in an envelope and mail it to the address below, or go online at mtproblemgambling.org

**P.O. Box 606
Helena MT, 59624**

As a 501 (c) (3) non-profit corporation, your donation is tax deductible.

Program Overview

“Hope and Help” offers individual, group, family and educational programming for problem gamblers and/or their families.

“Hope and Help” offers the most comprehensive programming for treating problem gamblers and their families. The staff is the most highly trained in Montana.

Take the First Step

Please access the help that is available to you, whether you’re in need of counseling, education, or just information.

24 hours a day, 7 days a week,
toll free at:

1-888-552-9076

For more information, or to take the quiz to see if you or a loved one might have a gambling addiction, visit:

mtproblemgambling.org



**Montana Council
on Problem Gambling**



***A resource center for
problem gambling...***

**mtproblemgambling.org
1-888-552-9076**

P.O. Box 606, Helena, MT 59624

Program Overview

Montana Council on Problem Gambling is a non-profit agency dedicated to helping Montanans with gambling problems. Through the provision of relevant support, referral services and education, Montanans can overcome their gambling addiction. The “Hope and Help” program offers the following:



Group Counseling

Therapeutic group sessions give gamblers the opportunity for treatment with others who are being treated for a gambling addiction. Groups meet regularly in many Montana cities

Individual Counseling

Individual counseling is available in Montana by highly trained counselors

Family Counseling

Treatment for family members is as important as treatment for the gambler. A family’s recovery involves strengthening coping skills, addressing issues of trust and communication, and resolving debt.

Community Education

Literature on gambling addictions and speakers are available upon request. Call 1-888-552-9076 for more information.

“Compulsive gambling is a diagnosable and treatable disease, not a disgrace.”

Problem Gambling

Do you or someone you know have a gambling addiction? Know the signs so you can help yourself or a loved one.

- Financial problems caused by gambling
- The need to gamble a higher dollar amount for a desired outcome
- Losing interest in hobbies, friends and family
- Using gambling as a coping mechanism for anxiety or depression
- Centering all thoughts, plans and conversations around gambling
- Lying about gambling habits
- Gambling alone or more often
- Getting into arguments or becoming defensive about gambling
- Giving up basic needs in order to gamble

Fees

Montana Council on Problem Gambling strives to make treatment affordable for all.

Local Help is Available

To find a counselor in your community who specializes in problem gambling, call:

1-888-552-9076

or go online at:

www.mtproblemgambling.org

This information is brought to you by:

- Montana Gaming Advisory Council
- Montana Council on Problem Gambling
- Montana Coin Operators Association
- Gaming Industry Association
- Montana Tavern Association
- Montana Gambling Control Division
- Montana Lottery
- Lucky Lil’s Incorporated



“Help is available, simply ask.”

Information on gambling addictions is also available online at:

mtproblemgambling.org
ncpgambling.org