

DOES YOUR LOVED ONE HAVE  
A PROBLEM WITH GAMBLING?



THERE'S HOPE



*Help is available to you.  
It is free, confidential and it works.*

# *Loved Ones Need Help Too!* THERE'S HOPE

## YOU ARE NOT ALONE

If you are struggling with a loved one's gambling addiction, you are not alone. Problem gambling can take control of the person's life, often causing devastating emotional and financial fallout for loved ones. Even if the person with a gambling problem isn't ready or willing to get help, you can receive free services through the Oregon Problem Gambling Resource.

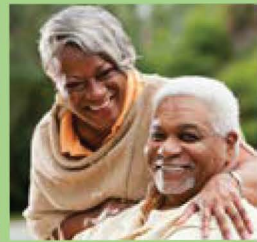
## PROTECTING YOURSELF AND YOUR FAMILY

To help a person with a gambling problem, you must first help yourself. This means protecting yourself and your loved ones as best you can from the negative consequences caused by gambling. The more you can do this, the more likely it is that you'll bring about positive change.

It is common for family members to feel confused or unsure how to help. Seeking help and support for yourself helps your loved one in the long run and takes power away from gambling.

## INITIAL STEPS

- **Track all money that is spent and owed.**
- **Safeguard bank accounts and other assets to restrict access by the person with a problem.**
- **Consider providing access to money only for daily necessities.**
- **Resist the urge to rescue a person with a gambling problem by paying off debts. It only allows the gambling to continue.**
- **Seek professional support and advice.**
- **Your safety is a priority. If you feel unsafe in your relationship contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233).**



## THERE IS HELP. AND IT'S FREE.

You are not alone. Many families have struggled with the feelings you're experiencing: frustration, anger, sadness, shame and isolation. Help is available and it's free, confidential and effective. Each year, hundreds of families are assisted through Oregon's problem gambling services.

It's free. It's confidential.  
It works.



1-877-MYLIMIT

CALL



TEXT

503-713-6000



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