
Gambling Services

Prevention Education Programs

Educational presentations for schools, agencies and organizations about the affects of problem gambling and how to prevent problem gambling.

Problem Gambling Assessments

Diagnostic assessments to determine if a person has a gambling problem.

Problem Gambling Counseling Services

Counseling services for people with a gambling problem and their families.

Gambling services at Recovery Resources are funded through a grant from Ohio Department of Alcohol and Drug Addiction Services and the Ohio Lottery Commission.

If you or someone you know has a problem with gambling, help is just a phone call away. For more information contact Recovery Resources or the National Problem Gambling HelpLine

1-800-522-4700



Helping people triumph over mental illness, alcoholism, drug and other addictions.

Recovery Resources

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When gambling becomes more than a game, no one wins.



***Recovery
Resources
Gambling
Addiction Services***

Problem Gambling

How to spot the signs

Would you know a gambling problem if you saw it in a friend, loved one, co-worker, patient or student? It's important to know the signs because 3 percent of the population may have a problem, which puts them and their families at financial and emotional risk. Here are some warning signs:

- Preoccupied with gambling and unable to stop
- Bragging about gambling, exaggerating wins and minimizing losses
- Restless and irritable when not gambling
- Gambling to win back what you've lost
- Borrowing money for gambling
- Lying to hide time spent gambling or unpaid debts
- Frequent unexplained absences
- Losing work time because of gambling
- Doing something illegal to get money for gambling
- Jeopardizing a significant relationship or job by gambling

Keep It In Perspective

Problem gambling is not a bad habit or a moral weakness. It is a serious condition, but with treatment, problem gamblers can put the game in perspective and make decisions to improve their lives.

How to reach out to a friend or relative

If someone you know is gambling for more than fun, they may have a problem. Talking to them can seem scary, but they need you to have courage. Here are some ways to begin the conversation. Find a comfortable place to talk where you won't be disturbed. Keep it simple and straightforward. Tell the person you care about him and you're concerned about how he is acting.

Tell the person exactly what she's done that concerns you. Tell the person how his behavior is affecting other people—and be specific. Be clear about what you expect from her ("I want you to talk to someone about your gambling.") and what she can expect from you ("I won't cover for you anymore.") After you've told the person what you've seen and how you feel, allow him to respond. Listen with a non-judgmental attitude. Let the person know you are willing to help, but don't try to counsel him yourself. Give the person information, not advice. Encourage her to call for help.

When Their Problem Is Your Problem

If you are the spouse or family member of a problem gambler, it is important for you to take care of yourself and realize that you are not responsible for the gambler's behavior. Even if your loved one isn't ready or willing to get help, you may want to talk to a counselor yourself.

Make the Call

A problem gambler doesn't necessarily need to "hit bottom" to decide to get help. To get specific advice on how and when to approach the problem gambler you know, call for help.

How to be a responsible gambler

If you're concerned that gambling is becoming more than a game for you, try using these guidelines to moderate your play. Think of the money you lose as the cost of your entertainment. Consider any money you win a bonus. Set a dollar limit and stick to it. Set a time limit and stick to it. Leave when you reach your limit, whether you're winning or losing. Understand that you'll probably lose, and accept the loss as part of the game. Don't borrow money to gamble. Don't let gambling interfere with or become a substitute for family, friends or work. Don't chase losses. Chances are you'll lose even more trying to recoup your losses. Don't use gambling as a way to cope with emotional or physical pain. Know the warning signs of problem gambling.



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