

KNOW YOUR LIMITS

how to gamble responsibly and keep the odds in your favor

KNOW THE RISKS

A 2012 Kansas Department for Aging and Disability Services statewide survey found that



3 in 4 adult Kansans had gambled in the past year

9%

Nine percent of adult Kansas gamblers indicated moderate risk for developing a gambling problem



1 in 7 adult Kansans had been negatively affected by gambling behaviors of family, friends or others

Consequences of problem gambling can be emotional, physical and financial, including



Loss of time from work or school

Damaged relationships with family, friends, co-workers and employers



Tarnished reputation jeopardizing career and educational opportunities

Significant financial debt and difficulty paying for normal expenses



Feelings of helplessness, guilt, anxiety and depression

Gambling disorders often co-occur with substance use problems, mental health issues and other health risks.

KNOW THE SIGNS

For Problem Gamblers



Have you ever tried to stop, cut down or control your gambling?

Have you ever lied to family members, friends or others about how much you gamble or how much money you lost gambling?



Have there been periods of two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets?

You may be at risk of losing a lot more than you bet on.

For Concerned Others



Is the person frequently borrowing money to gamble or pay gambling debts?



Is the person lying to family and friends about gambling?



Is the person argumentative or defensive about their gambling behavior?



Is the person absent for long, unexplained periods of time?



Is the person going without basic needs in order to gamble?

It may be time to seek help for your family member, friend or co-worker.

KNOW YOUR OPTIONS



Kansas Problem Gambling Helpline
800-522-4700

A confidential, 24/7 helpline with counselors trained to recognize gambling risks and direct you to a certified counselor near you. If you choose this option, there's no cost.

Kansas Coalition on Problem Gambling

ksgamblinghelp.com/communities/problem-gambling-coalition.html

Northeast Kansas Problem Gambling Task Force

ksgamblinghelp.com/communities/ne-kansas-problem-gambling-task-force.html



Kansas Responsible Gambling Alliance Website
KSgamblingHelp.com

A website with links to important information for problem gamblers or affected and concerned others about no out-of-pocket cost treatment options and support programs.

South Central Kansas Problem Gambling Task Force

ksgamblinghelp.com/communities/sc-kansas-problem-gambling-task-force.html

Southwest Kansas Problem Gambling Task Force

www.swks-problemgambling.org

800-522-4700

Getting Help is your **BEST BET**

KSgamblingHelp.com