

HELP FOR PROBLEM GAMERS

We support responsible gaming. If you or someone you know has a gambling problem, please contact:

Oklahoma Problem Gambling Helpline

1-800-522-4700

Oapcg.org or GamblersAnonymous.org

Prevention&Recovery@ComancheNation.com



No judgment. Only hope. Provided by: Oklahoma Association for Problem and Compulsive Gambling and Oklahoma Department of Mental Health and Substance Abuse Services.

WHAT IS COMPULSIVE GAMBLING?

There are many varying interpretations of compulsive gambling. A compulsive gambler is often described as a person whose gambling is causing problems in any aspect of his or her life. Before coming to Gamblers Anonymous, many problem gamblers may think of themselves as weak. In reality, they simply need help.

HOW CAN YOU TELL IF YOU'RE A COMPULSIVE GAMBLER?

If you are aware that your gambling has made some part of your life unmanageable to some degree, consider attending Gamblers Anonymous to assist you in making the determination of whether or not you are a compulsive gambler. According to the program, most people turn to the program when they are willing to admit that gambling "has them licked."

SOME DANGER SIGNALS

- An inability to stop gambling whether winning or losing
- Impatient with loved ones' concern
- Fantasies of this week's win overcoming last week's losses
- The neglect of responsibility in order to concentrate on gambling
- Escape to other excesses like alcohol, drugs, and sleep
- Feeling like you're always telling others to not worry
- Lack of interest in social situations
- Absenteeism and tardiness at work
- Experiencing an unpleasant feeling when thinking about no longer gambling
- Mood swings



WE'RE HERE TO HELP

Comanche Nation Prevention & Recovery Center
927 SW D Avenue Lawton, OK 73501
580-357-3449