

KNOW YOUR LIMITS

Answering “Yes” to any of these QUESTIONS⁽¹⁾ SHOULD BE AN ALARM.

- 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 on gambling?
- Have there been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets?

These are the warning signs of a gambling problem and that you're at risk of losing a lot more than you bet on.

If you're a Kansas resident there's no out-of-pocket cost help:

800-522-4700

The least risky thing you can do is taking advantage of no out-of-pocket cost counseling available to Kansas residents who are concerned about their gambling or someone they care about.

800-522-4700

It's CONFIDENTIAL, 24/7, and quite possibly the first step to turning things around.

Gamblers Anonymous
www.gamblersanonymous.org

Family and Friends
www.KSgamblingHelp.com/help-for-family-a-friends.html

Gam-Anon
www.gam-anon.org

KSgamblingHelp.com

www.KSgamblingHelp.com has links to important information for affected and concerned others about no-cost help for themselves, and the organizations across Kansas are dedicated to assisting problem gamblers, friends, and family.



Military OneSource
800-342-9647
www.MilitaryOneSource.com

Military Family Life Consultant (MFLC)
Personal Financial Consultant (PFC)
Child and Youth Services (CYS)
Director, Psychological Health (DPH)
JFHQ-KS Chaplain

Getting Help is your BEST BET

GAMBLING IN THE MILITARY

Understanding the risks and asking for help.



Getting Help is your BEST BET

800-522-4700
KSgamblingHelp.com



(1) NODS ClIP: National Opinion Diagnostic Survey Problem Gambling Self-Assessment

Identify

TRUTH FROM MYTH

There are plenty of myths out there about gambling, so let's take a few minutes and separate myth from truth



Military personnel that have experienced at least one gambling-related problem in their lifetime

Gambling in the Military

- Studies consistently find gambling addiction rates among **active-duty** and **veterans** are significantly higher than the general population.
- With free time often taking place in secluded areas with limited access to entertainment, some service members choose to gamble to pass time and enjoy its thrill. Gamblers also bet as a way to cope with boredom, loneliness, anger, stress and depression.
- At least 3,000 slot machines at military installations overseas are available to members of the Armed Forces and their families.



Slots at Ramstein AFB Officer's Club

TRUTH or MYTH?

Problems caused by excessive gambling only affect the gambler.

MYTH

The harmful effects of problem gambling are more than just financial and can negatively impact important relationships. It can lead to a breakdown of important relationships with family, peers and loved ones and can affect one's emotional and mental well being. If gambling is causing financial, emotional, relationship or legal difficulties for themselves or the people around them, they have a gambling problem.

TRUTH or MYTH?

It's easy to spot the signs of problem gambling,

MYTH

Problem Gambling is a hidden addiction as it has few visible symptoms unlike an alcohol or smoking addiction. Many problem gamblers may not acknowledge that they have a gambling problem until they are in serious financial difficulty or there is a breakdown in family relations.

TRUTH or MYTH?

Problem gambling is treatable.

TRUTH

The good news is that people do recover from problem gambling. Recovery begins with the desire to change, and the person with a gambling addiction is more likely to stay away from gambling with the right support. It is not a sign of weakness to ask for help. Honesty and perseverance are key factors in recovery.

TRUTH or MYTH?

Controlling problem gambling is a matter of will power.

MYTH

Like other compulsive and addictive behaviors, problem gambling is most effectively treated through professional counseling from a trained problem gambling counselor.

A Few Warning Signs of Problem Gambling

- Frequent/increased gambling
- Preoccupation with gambling and money
- Borrowing money
- Gambling to win back losses (chasing)

Getting Help is your **BEST BET**

800-522-4700

www.KSgamblingHelp.com