

MILITARY MEMBERS

KNOW WHEN THE GAME IS PLAYING You™



Studies consistently show significantly higher rates of gambling addiction among active-duty military and veterans than in the general civilian population. For some veterans or military members, gambling starts as entertainment but can quickly become a way to relieve stress or boredom, loneliness and isolation, depression, or to feel better when going through tough times. Before placing a bet or playing games of chance, make sure you know when enough is enough.

Problem gambling doesn't affect only you. It can affect your family, friends, and potentially your military career. It can jeopardize your health and finances and, in extreme cases, may pose national security risks. Unlike alcohol or drug addiction, symptoms of problem gambling can be hidden and many may not acknowledge they have a problem until it's too late.

**1-800
GAMBLER**
HELP FOR
PROBLEM
GAMBLING

AD ASTRA PER ASPERA
Kansas
Department for Aging
and Disability Services



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SUPPORT

People do recover from problem gambling. Recovery begins with the desire to change, seeking help from trained professionals, and finding the right support. **All Kansas residents can receive confidential treatment at no out-of-pocket cost to you.** Know when enough is enough.

If you think you have a problem with gambling, call 1-800-GAMBLER now and receive the help you need.

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