

Gambling Additcion:

Signs, Help, Treatment

“Gambling addiction is sometimes referred to as the “hidden illness” because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction.”

Gambler’s Anonymous offers the following questions to anyone who may have a gambling problem. These questions are provided to help the individual decide if he or she is a compulsive gambler and wants to stop gambling.

TWENTY QUESTIONS



1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use “gambling money” for normal expenditures?
13. Did gambling make you careles of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry, trouble, boredom or loneliness?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustration create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

See reverse side and also bulletin board at side entrance of church for further information.

HELP AND SUPPORT FOR PROBLEM GAMBLING AND GAMBLING ADDICTION

If you are feeling hopeless or think you may have a problem you can find help:

NY Council on Problem Gaming 24-hour toll-free help line at 1-800-437-1611 or 1-800-273-talk

Locally: Jewish Family Services – Gambling Recovery Program: 883-1914

Buffalo Hotline Number: 888-GA-HELPS (888-424-3577)

ON-LINE SITES:

<http://www.gamblingtherapy.org>

<http://www.nyproblemgambling.org>

<http://www.gamblersanonymous.org>



GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Local Gamblers Anonymous Meetings:

Buffalo G.A. -Monday

6:00 - 8:00 PM

Jewish Family Service

Temple Beth Zion

70 Barker Street

Buffalo, NY

Hamburg G.A. - Wednesday

11:00AM- 12:30 PM

Wesleyan Church of Hamburg

S. 4999 Mckinley Pkwy.

Hamburg, NY

Eggertsville G.A. -Tuesday

12:00 Noon-1:00 PM

Trinity Old Lutheran Church

3445 Sheridan Drive, Room 104

Eggertsville, NY

Hamburg G.A. (formerly Eden G.A.) Friday

7:00-9:00 PM

Wesleyan Church of Hamburg

S. 4999 McKinley Parkway

Hamburg, NY

Buffalo/West Seneca G.A. - Wednesday

8:00 PM

St. David's Episcopal Church

3951 Seneca Street

Buffalo, NY



Information courtesy of:
St. Anthony's "Respect for Life"
Committee