

If gambling has stopped being fun and is starting to cause personal or financial problems, it's time to reconsider how you play.

There are a variety of reasons why, for some people, gambling becomes more than just a game. Fortunately, under the right conditions, with the right guidance, many people can change their gambling habits.

Oregon's Gambling Evaluation and Reduction Program (GEAR) is designed for gamblers seeking change. It offers the tools and support to modify unwanted gambling patterns – without traveling to a counselor's office.

GEAR combines phone consultation with certified counselors, workbook exercises and referral resources to give participants the tools and motivation to make good choices about if and how much to gamble.



Who should consider GEAR?

- Anyone who thinks their gambling is getting out of hand.
- Anyone who is looking for proven ways to change a potentially destructive pattern of gambling.
- Anyone who isn't getting help for a gambling problem because there isn't a treatment center nearby, or because other circumstances are getting in the way of going to a local treatment center.

How do I sign up for GEAR?

There is no charge for GEAR and it is easy to enroll. Simply call 877-281-4327 (9 am to 9 pm, Monday-Friday) or 877-MY LIMIT (877-695-4648). A qualified advisor will talk to you about your gambling to determine if GEAR is right for you.

877-281-GEAR

877-MY LIMIT

GEAR

TAKE YOUR
GAMBLING IN A
NEW DIRECTION

Problem gambling is not a bad habit or a moral weakness. It is a real condition that can be changed. **GEAR** is designed to help gamblers who are motivated to change their gambling patterns - whether that means stopping entirely or just learning how to control their play.

For more information about what problem gambling is and other treatment options, call toll free 877-281-4327, or log on to oregonlotteryhelp.org.

TOLL FREE HELP LINES:

877-281-GEAR

(877-281-4327)

9 am to 9 pm, Monday-Friday

877-MY LIMIT

(877-695-4648)

LEARN TO MANAGE YOUR GAMBLING



The **Gambling Evaluation and Reduction Program (GEAR)** is a confidential, educational, phone-based program designed to help gamblers steer away from potentially harmful gambling patterns without going to a treatment center.

GEAR