

**GET YOUR LIFE BACK TO NORMAL**

**Gambling to Escape?**  
You are not alone.




## Gambling to escape

Women gamble for different reasons. The ones who develop a problem with gambling are often gambling to “feel better.” They discover gambling can help them avoid unwanted thoughts, feelings and physical pain. They gamble to escape.

In Oregon, over 90 percent of women who seek treatment for problem gambling say they gamble to escape. They might exhibit one or all of the following **WARNING SIGNS**:

- Gambles as a way to escape problems or to relieve feelings of guilt, anxiety, or depression
- Is restless or irritable when attempting to cut down or stop gambling
- Preoccupied with gambling or of thinking of ways to get money with which to gamble
- Jeopardizing important relationships or jobs by gambling
- Feeling intense guilt and shame about themselves and their gambling



“I didn’t know  
who I was anymore...”

## Lost track of “normal?”

If you’re gambling to escape your problems, it can get to the point where you don’t know who you are anymore. For most women, gambling starts out as fun and for most it stays that way – but, for a few, it becomes a dangerous problem.

Maybe at first it helped distract you from the things that were bothering you, made you “feel better.” But after a while you don’t feel better; you feel numb and tired and ashamed. Maybe you’ve started to do things that don’t fit who you are, things that surprise you, losing money you can’t afford, shirking responsibilities, neglecting your family or important relationships.

If you feel this way, you probably want to stop and probably don’t know how. You are not alone. There is help.



## Treatment is free, confidential and it works.

Many gamblers try to stop or control their gambling. When they can't, they feel helpless, more ashamed, more discouraged. . . But recovery is possible. In Oregon, 80 percent of gamblers who received Lottery-funded treatment reported that they stopped problem gambling, developed new coping skills, and their lives have improved.

If you have questions or need someone to talk to, call **877-2-STOP-NOW** or log on to **[www.oregonlotteryhelp.org](http://www.oregonlotteryhelp.org)**.

“I couldn't have done it  
without

## When their problem is your problem

Many women find their own lives seriously disrupted by someone else's gambling. The problem gambler may be a spouse, parent, sibling, child, friend, or co-worker. Because relationships are very important for most women, the impact of someone else's gambling can be very deep. If someone you are close to has a gambling problem, it is important for you to:

- Take care of yourself
- Stay in touch with your feelings
- Realize that you are not responsible for the gambler's behavior

Call the Problem Gambling Helpline **877-2-STOP-NOW** for information about free counseling for friends and family of problem gamblers.

help..."



# GET YOUR LIFE BACK TO NORMAL

If you or someone you know has lost perspective on gambling, call **877-2-STOP-NOW** for help. Certified gambling counselors are there to listen, answer questions, and offer help 24 hours a day.

More resources to identify and understand problem gambling and contact information for treatment providers in your area is available online at **[oregonlotteryhelp.org](http://oregonlotteryhelp.org)**.