



ASSISTANCE IN RECOVERY

Improving lives together

Interventions for Gambling Addiction

Gambling addiction can start innocently enough, but for some, the fun of a night out gambling with friends can turn into something more destructive. When the thrill of the game and the hope of chance becomes too much and urges the participant to continue beyond his or her means, gambling can spiral, turning into compulsion and addiction.

When gambling interferes with normal life, becoming a priority above family, friends, work or traditional leisure activities, it may have become an addiction.

Often characteristics of gambling addiction include:

- Gambling longer than planned
- Often gambling until one's spent every dollar
- Sleeplessness caused by consuming thoughts of gambling
- Spending income or savings on gambling before paying bills
- Several failed attempts to stop gambling on one's own
- Considering or following through with plans to break the law in order to fund gambling
- Borrowing money to pay for gambling
- Depression and/or suicidal tendencies brought on by thoughts of gambling
- Remorseful feelings after gambling
- Gambling in hopes of gaining money needed to pay bills, etc.

If you think someone you love may be addicted to gambling, an intervention may be the best way to address the problem.

Gambling interventions begin the process of healing for everyone involved and ultimately aims to not only get the gambler to accept treatment, but to also empower those caught in the destructive cycle of gambling addiction, providing the tools necessary to regain their own lives and lose the shame and guilt often associated with gambling addiction.

Call us at 800-561-8158 today and tell us about your situation, learn more about how to initiate an intervention and **what to expect** from the process.