



## First Indicators of a Gambling Problem

One of the first indicators that gambling is becoming a problem in an individual's life is when the gambling "just isn't fun anymore."

A gambling problem is gambling behavior that causes disruptions in one or more major areas of life, such as psychological, physical, social or vocational. This tends to be a progressive addiction characterized by:

- Increasing preoccupation with gambling
- A need to bet more money more frequently
- Restlessness or irritability when attempting to stop
- A tendency to chase losses
- Loss of control of the gambling behavior in spite of the mounting evidence of serious negative consequences

Gambling addiction has been called the "hidden addiction" because there are few outward signs of it until the consequences are devastating. Gambling, unlike some other addictions,

can be hidden and there is no "overdose" in a literal sense. The common addictive threads are: inability to stop, a tendency to gamble more, more desperation, more lying, more denial, more social ruptures, more dire job consequences, severe mood swings, depression, and "crash and burn" endings.

## Identifying Problem Gamblers—*Two Questions*

- Have you ever felt the need to bet more and more money?
- Have you ever had to lie to people important to you about how much you gambled?

If the answer is yes to one or both of these questions you may have a problem with gambling.

## Swanson Center: The Only Certified Gambling Treatment Provider in LaPorte County

It is important to seek a gambling specific evaluation from a trained and certified therapist who can make appropriate recommendations and provide expert treatment.

The Swanson Center has a Problem Gamblers treatment program that can provide the needed evaluation and treatment for those seeking help. The program is certified at the State level to provide treatment in problem gambling.

## Swanson Center Provides

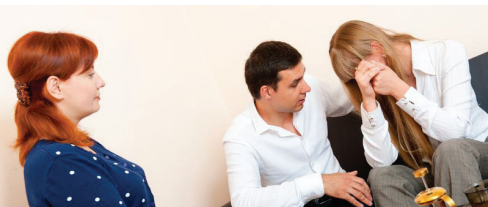
- Assessments and Evaluations
- Treatment Planning
- Individual Therapy
- Group Therapy
- Family Therapy
- Case Management for Financial Problems
- Hospitalization if needed
- Medication if appropriate

## Top Ten Gambling Behavior 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?

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

*CALL TODAY IF YOU NEED HELP, FOR YOU OR A LOVED ONE*

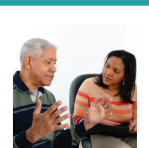


 **Swanson Center**

**LaPorte County's Complete  
Mental Health Resource**

## There is Hope...

There is hope, and with treatment at Swanson Center the problem gambler can control gambling and regain self-esteem and once again earn the trust and love of family and friends.



**Call these numbers  
for confidential help  
right now:**

**(219) 873-2395**

**State Gambling  
Help Line:**

**(800) 994-8448**



 **Swanson Center**

**LaPorte County's Complete  
Mental Health Resource**

(219) 879-0676

(219) 362-2145

[www.swansoncenter.org](http://www.swansoncenter.org)

Do You Know Someone  
with a Gambling Problem?

**(219) 873-2395**

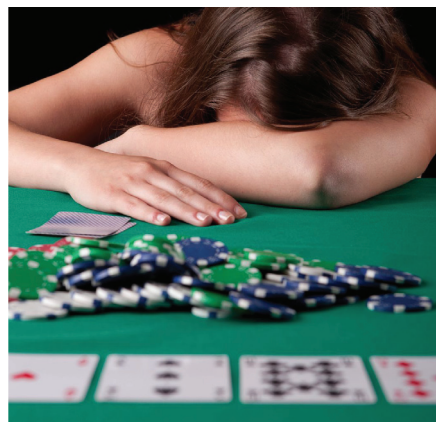
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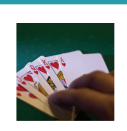
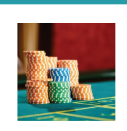
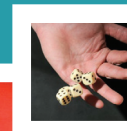
The only mental health clinic certified in  
gambling addiction treatment in the County.

**[www.swansoncenter.org](http://www.swansoncenter.org)**

*Se Habla Español*



## Gambling Addiction Services



*Improving Lives... One Person at a Time*  
[www.swansoncenter.org](http://www.swansoncenter.org)