

COPING

with Problem Gambling Through the Holidays



Is Gambling a Problem?

From Mahjong to a friendly game of cards, many of us enjoy getting together and enjoying a few games over the holidays. And for most, betting a few dollars on these games is just innocent fun.



Unfortunately for some, what starts out as a way to pass time with family and friends becomes a habit that's difficult to break. And this year especially, the holidays could make the situation worse. Without the support systems and predictability of a "normal" holiday season, the urge to bet more than you can afford can quickly become insurmountable.

Help Is Available

Luckily, here in Oregon, help is available. Through the Oregon Problem Gambling Resource (OPGR), gamblers and those who love them can get support from trained addiction counselors, often right from home. Treatment is effective. And, best of all, it's free.

If you're worried about how the holidays are going to affect your gambling, reach out. OPGR can help see you through some of the challenges ahead and, hopefully, to a happier and auspicious new year.



For more information, visit

