Supporting Oregonians

COPING WITH PROBLEM GAMBLING

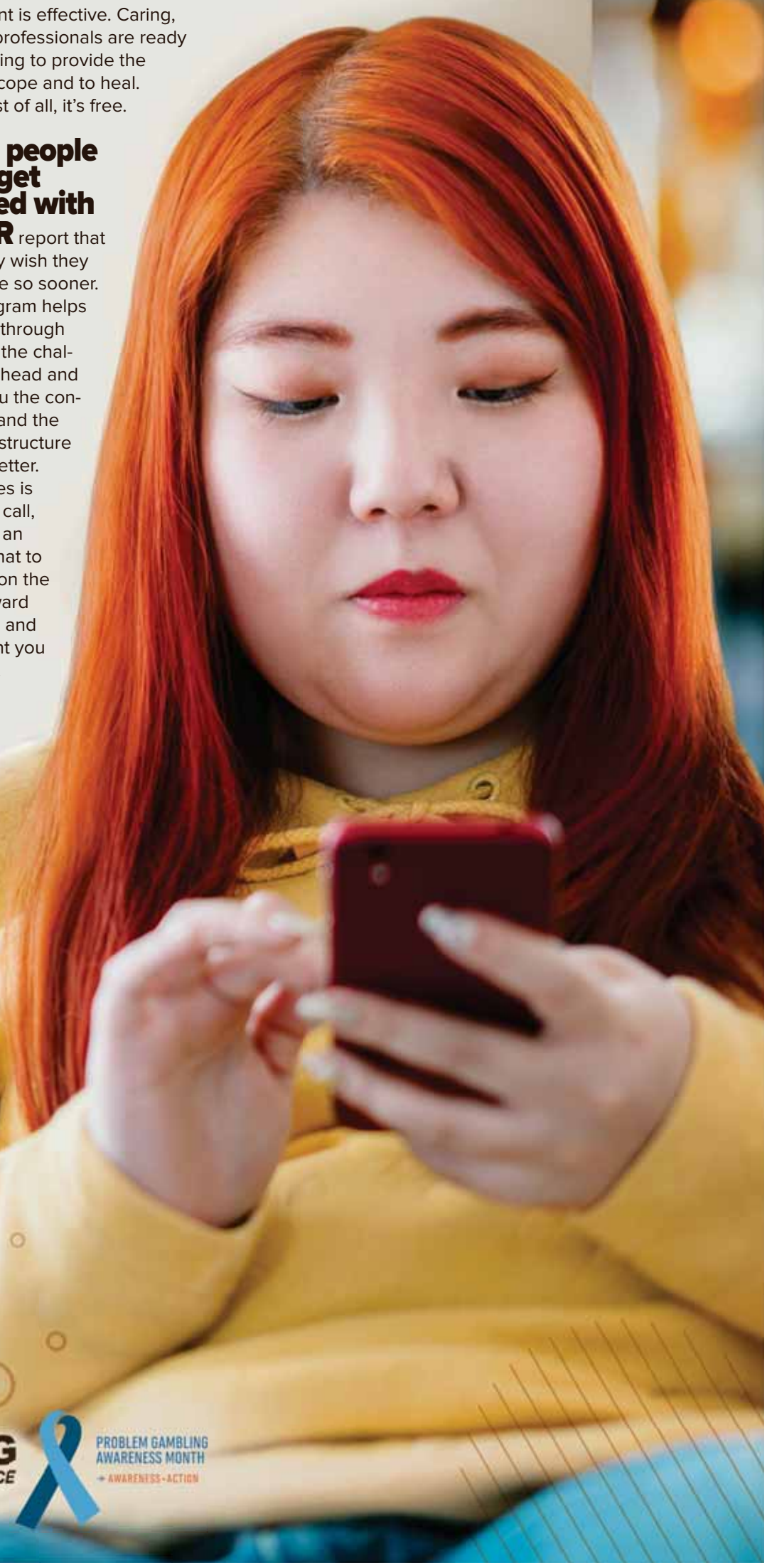
For most of us, putting a few dollars on a wager adds some excitement and some innocent fun to the games we enjoy.
Playing online games or getting together over a few rounds of Mahjong often makes for some time well spent.

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, physical distance and isolation could make the situation worse. Without the support systems and predictability of a "normal" day-to-day, the urge to bet more than you can afford can become hard to resist.

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. Caring, trained professionals are ready and waiting to provide the tools to cope and to heal. And, best of all, it's free.

Most people who get started with OPGR report that they only wish they had done so sooner. The program helps see you through some of the challenges ahead and gives you the confidence and the support structure to feel better. All it takes is a phone call, a text or an online chat to put you on the path toward the calm and fulfillment you deserve.



For more information, visit
OPGR.ORG
OREGON PROBLEM GAMBLING *RESOURCE*

PROBLEM GAMBLING AWARENESS MONTH
→ AWARENESS+ACTION