

Playing games of
chance is
recreational.

**If it becomes a
problem...**

Call

1-800-572-1142

councilonproblemgambling.com



New Mexico Council on
**PROBLEM
GAMBLING**

Think about **this...**

Gambling can be fun, but not when your life is riding on every bet. When your gambling is out of control, the game isn't about fun and winning, it's about having enough money to keep playing. That is the time to find the strength within yourself to say, "It's time I talked to someone."

Compulsive gambling will lead to serious consequences. Most problem gamblers give up hope, thinking there is no escape from their gambling habits. Some lose everything and declare bankruptcy. In extreme cases, they may even be reduced to stealing or considering taking their own lives, just to have their problems end.

This doesn't have to happen to you.

You can break free of your gambling problem. You can talk to people who know how to help, have seen what gambling can do, and know what it takes to get back to a normal life.

You need to take the first step. No one can help you until you recognize that you want to change.

If you think you might need help, call the **New Mexico Council on Problem Gambling 24-hour Crisis Hotline (1-800-572-1142)**. **This call is FREE and CONFIDENTIAL.** No one will ever know you called, but you will feel better knowing that you did.

24-hour Crisis Hotline 1-800-572-1142

What is compulsive gambling?

Gambling for most people is a recreational activity. However, for an estimated 3.5% of the New Mexico general population, gambling results in a progressive disease, much like an addiction to alcohol or drugs.

In many cases, the gambling addiction is hidden until the gambler cannot function without gambling, and he/she begins to exclude all other activities. Not all compulsive gamblers show the same signs and symptoms of addiction, there are differences in gender, age and cultural backgrounds, but most will:

- Use gambling as a coping strategy called **Escape/Relief** to mask underlying emotional pain
- Rely on the excitement to make themselves feel good
- Wager higher amounts to win back their losses
- Believe they can get out of debt with a big win
- Hide their gambling from family and friends and lie about money
- Find their financial problem becomes an emotional problem
- Eventually become emotionally, mentally and physically distressed

Call is FREE and CONFIDENTIAL.

There is **help.**

Compulsive gamblers, in the grip of this disorder, feel trapped and helpless. They often make promises to themselves and to others to stop gambling – yet they will continue to gamble. Willpower alone has proven ineffective to stop gambling. **There is help!**

Many compulsive gamblers ask for help only after they have exhausted all means to stay “in action.” In many cases they will have lost their home, business, family, friends, self-esteem and have created legal problems along the way. These problems may seem overwhelming. **There is help!**

They can stop gambling, regain their self-esteem and, once again, earn the trust and love of family and friends. Treatment is available by trained and certified counselors who understand this addiction. There is also a twelve-step program from **Gamblers Anonymous** for continued support. Compulsive gamblers can return to a normal life.

The **New Mexico Council on Problem Gambling (NMCPG)** provides free treatment, however, we do not receive any proceeds from referrals. We are here because we care about the gamblers and their families who still suffer.

Call the **NMCPG** – a non-profit and charitable organization.

We understand, listen and can help!

If you answer yes to any one of these questions, **you may have a gambling problem.**

1

Have you ever lost time from work due to gambling?

2

Has gambling ever made your home life unhappy?

3

Have you ever gambled to get money to pay debts or otherwise solve financial difficulties?

4

After losing, did you feel you must return as soon as possible to win back your losses?

5

After a win, did you have a strong urge to return and win more?

6

Did you often gamble until your last dollar was gone?

7

Did you ever borrow to finance your gambling?

8

Does gambling make you careless of the welfare of yourself or family?

9

Have you ever committed or considered committing an illegal act to finance gambling?

10

Have you ever considered self-destruction as a result of your gambling?

We can **help.**

The New Mexico Council on Problem Gambling is a non-profit organization dedicated to providing education and awareness to all citizens of New Mexico.

- Educate the private sector, the business communities and school systems
- Establish and maintain statistics
- Advocate for problem gamblers and their families
- Maintain affiliation in good standing with the National Council on Problem Gambling
- Provide contacts to Gamblers Anonymous and GamAnon
- Provide a statewide certification program and train health care professionals
- Referrals to treatment providers certified in problem and compulsive gambling
- Strive toward making New Mexico a better place to live and raise our families
- Centralize and coordinate all efforts being made in our state to assist problem gamblers and their families

New Mexico Council on Problem Gambling
A Non-Profit Organization

24-hour Crisis Hotline 1-800-572-1142

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