

Problem Gambling Prevention

For most adults, gambling can be a fun way to relieve stress and engage with friends. It is important to know what to watch for in case you or a loved one is at risk of problem gaming and gambling. In [Oregon](#), it is estimated 2.6 percent of the adult population experiences moderate or serious problems with gambling. It is estimated that 84,000 Oregon adults and adolescents meet the clinical diagnosis for gambling disorder, with another 180,000 at risk of developing a problem with gambling. For each person with a serious problem, many others are affected (e.g. spouse, children).

One percent of Oregon Lottery revenues fund problem gambling services. The Oregon Health Authority (OHA) administers the funds that provide approximately \$7.5 million annually for prevention and treatment programs and services within each county.

Signs of Problem Gambling



**Preoccupied
with Gambling**



**Hiding or Lying
About Gambling**



**“Chasing” Losses
with More Gambling**



**Restlessness or Irritable
When not Gambling**



**Repeated Unsuccessful
Attempts to Stop**



**Borrowing Money
to Gamble**



**Gambling to
Escape Problems**



**Increase
Bets**



**Jeopardizing Relationships
and Job Opportunities**

Phone Resources

Help for Gamblers - Oregon problem gambling resource providing free & confidential gambling addiction treatment

- Call or Text 1-877-MY-LIMIT (1-877-695-4648)

Clatsop Behavioral Health

- Crisis Line: 503-325-5724
- Counseling, substance use treatment, main line: 503-325-5722

Evergreen council on problem gambling

- Call or text 1-800-547-6133

National Council on Problem Gambling

- Call or text 1-800-522-4700

Online Resources

GAME QUIT1

Video Game Addiction



Oregon Problem Gambling Resource (OPGR)

EVERGRE
council on problem gam

[Evergreen Council on Problem Gambling](#)



[Clatsop Behavioral Healthcare](#)