

Gambling Addiction

**Southeast Kansas
Mental Health
Center**



The National Council on Problem Gambling describes problem gambling (or gambling addiction) as gambling behavior patterns that compromise, disrupt, or damage personal, family, or vocational pursuits. Extreme cases may result in financial ruin, legal problems, loss of career and family, or even suicide.

Over 2 million American adults meet the criteria for severe gambling problem disorder. An estimated 750,000 of America's youth — between the ages of 14 and 21 — are problem gamblers (they gamble more than intended or steal money to support gambling).

Symptoms include:

- Increasing preoccupation with gambling
- A need to bet more money more frequently
- Lying to hide gambling activity
- Restlessness or irritability when trying to cut down or stop gambling
- Returning to get even after losing money gambling -- known as "chasing" losses
- Loss of control manifested by continuation of the gambling behavior, despite mounting, serious, negative consequences

Types of Gambling

Gambling doesn't only occur inside a casino or at a card table. Other types of gambling that may contribute to a gambling addiction include lotteries, scratch-off tickets, sports betting, horse races, dog races, electronic gaming machines, bingo, and online gambling sites.

Problem gambling disorders are treatable.

Recovery is possible.

No single treatment approach is right for everyone. Southeast Kansas Mental Health Center provides individualized treatment plans that can be the key to a successful recovery journey.

What Treatment is Available?

Treatment plans are individualized to treat problem gambling disorders and include outpatient and family therapy sessions. Telehealth options are available for clients not local to SEKMHC or who prefer virtual visits.

Over 60 percent of individuals who struggle with problem gambling wish to seek help, but only 25 percent receive support. Do not hesitate; help IS available!

What Does It Cost?

Treatment for problem gambling is available at NO COST for Kansas residents, their family members, and concerned other parties.

Funding for treatment is provided by the Problem Gambling and Other Addictions Grant Fund.

Suicide Prevention

Problem gamblers are at increased risk of suicide. It's very important to take any thoughts or talk of suicide seriously. For immediate assistance, call or text 988, the National Suicide and Crisis Lifeline.

How can I get help?

Call and schedule an appointment with SEKMHC at 866-973-2241.

Krista Tummons, LAC, KCGC1, is a state-certified gambling counselor. She uses specialized expertise to develop therapy plans to treat problem gambling disorders from our Fort Scott and Pleasanton offices. Telehealth appointments are available upon request.

Kansas Problem Gambling Helpline 800-522-4700

Visit www.ksgamblinghelp.com for additional no-cost resources.