

*A little gambling is soothing and relaxing, but heavy gambling can affect your health.
-Chinese Proverb*

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Has Gambling Caused Problems in Your Family?

Have you, or someone you love, ever:

- Borrowed money from family members or friends to relieve a financial problem caused by gambling?
- Lost or jeopardized important relationships with significant others, parents or other loved ones due to gambling?
- Neglected family, school or work responsibilities because of gambling?
- Used gambling as a way to escape problems or relieve sad feelings?
- Been unable to stop playing, regardless of wins or losses?
- Bet more than intended?
- Felt restless or irritable when attempting to cut down or stop gambling?

What Is Your Answer?

If you answered "yes" to one or more of the above, you or your loved one may have a gambling problem.

What is Problem Gambling?

For most people, gambling is an enjoyable activity. But for some, it is not. It is an addiction that destroys them personally, professionally and financially. Problem gambling can jeopardize careers and devastate relationships with friends, acquaintances and, most importantly, family members.

Need Help?

If gambling is impacting your family, you are not alone. More than 1.5 million Californians are problem gamblers. It is a problem that can be treated. You can get help now - for yourself and for your loved ones. It's FREE.

Services Available:

- Self-Help Manuals
- Telephone-Based Counseling
- In-Person Counseling
- Support Group Counseling
- Referrals to Other Free Services (such as credit counseling, legal assistance)

For more information, call:

1-888-968-7888

Free • Confidential • 24/7




Services coordinated by NICOS, with funding from the California Department of Public Health, Office of Problem Gambling; and the San Francisco Department of Public Health.



When one person is addicted to gambling...



...the whole family suffers



If you or someone you care about has a problem with gambling, help is available:

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FREE • CONFIDENTIAL • 24/7



一人好賭 ...



... 全家受苦

小賭怡情，大賭傷身

賭博是否為您
造成問題？

- 您是否曾因為償還賭債而必須向親友借錢？
- 您是否曾因為賭博而失去了配偶、父母、或其他親人或傷害了與他們之間的關係？
- 您是否曾因為賭博而忽略了家人、功課、或工作？
- 您是否以賭博作為逃避問題或減壓的方法呢？
- 您有否感到無論輸贏，仍想繼續賭下去？
- 您的賭注是否總是比預期中的大呢？
- 當您嘗試減少或停止賭博時，您是否感到煩躁不安或脾氣暴躁呢？

您的答案是什麼？

對於以上的問題、如果有一個或以上您回答：「是！」那請對自己坦白，您也許已經有了賭博的問題。面對事實是需要勇氣的。

什麼是問題賭博？

對大部份人來說，賭博是一種享受的活動，但對某些人卻並非如此，因為他們會上癮。問題賭博摧毀他們的生活、事業和金錢。問題賭博可以使您失去工作，破壞您和親友的關係，而最重要的是，您全家會因此受傷害。

您需要幫助嗎？

如果賭博已經影響了你的生活，你並不孤單。超過150萬的加州人士是問題賭徒。這是一個可以醫治的問題。您現在就可以為您和您的家人或朋友尋求免費的幫助。

服務包括：

- 中文自助手冊
- 電話輔導
- 面對面輔導
- 互助小組輔導
- 轉介其他免費服務 (例:信用諮詢, 法律援助)

請電(中文)求助熱線:

1-888-968-7888

免費 • 完全保密 • 24/7

如果您或您身邊的人有賭博的問題，
我們可以幫助你

1-888-968-7888

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