



E-Newsletter

MARCH 2014

PRMC MATERIAL SPOTLIGHT

Gambling and Recovery
It's Not Too Late



Contact PRMC to request copies:
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PREVENTION WORKS!



Problem Gambling Awareness Month



Although most people gamble for fun and recreation, some can develop a problem that can lead to negative consequences. Problem gambling not only causes issues with the gamblers themselves, but many other people are affected by an individual's gambling problem, whether they be family members, friends, or even employers.

Signs of Problem Gambling:

- ❖ Preoccupation with gambling
- ❖ Gambling to escape boredom, pain or loneliness
- ❖ Loss of interest in other activities
- ❖ Argumentative and defensive about gambling behavior
- ❖ Unexplained absences for long periods of time
- ❖ Need to increase bet to maintain thrill
- ❖ Lies to loved ones about gambling behavior
- ❖ Going without basic needs in order to gamble
- ❖ Borrowing money to gamble
- ❖ Irritable and angry when trying to cut back

If you are worried about a loved one, call [Gamblers Choice](http://GamblersChoice.com) at 1-877-702-7848.

For more information visit: www.GamblerND.com

Shared Risk and Protective Factors

Existing research suggests that there are number of common or *shared risk* and protective factors throughout life that impact both substance abuse and mental health issues. So, when you are working towards preventing substance use and abuse in your community, you may also be preventing problem gambling, depression, and other problems.

What are examples of a RISK FACTOR?

- Poor Grades/Achievement
- Family History of Substance Use Disorders

What are examples of a PROTECTIVE FACTOR?

- Parental Support and Bonding
- Participation in Social Activities

Read more [here](#).

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