

Self-Quiz Scoring

Number of "Yes" Answers: 1-2

These are warning signs. Be careful.

Number of "Yes" Answers: 3

Gambling is creating problems for you. Stop or get help now before it gets worse.

Number of "Yes" Answers: 4 or more

You may be a compulsive gambler. Get help right away!

At Keystone, we understand that financial concerns may prevent people from seeking treatment that can significantly improve their lives. Please don't allow such worries to stop you from contacting us. We can work directly with your insurance provider to ensure that you can access all treatment-related benefits to which you are entitled. If you are a South Dakota resident who does not have insurance, funding may be available to pay for your care.

To learn more about how Keystone can help, call (605) 335-1820.



KEYSTONE
TREATMENT CENTER

Inpatient Location

1010 East Second Street
Canton, SD 57013

(800) 992-1921

Outpatient Location

3800 South Kiwanis Avenue
Sioux Falls, SD 57105

(605) 335-1820

www.keystonetreatment.com



KEYSTONE
TREATMENT CENTER

**GAMBLING
ADDICTIONS**

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Help Is Available

Keystone Treatment Center is a nationally respected provider of comprehensive treatment for men and women who have gambling disorder. Our personalized programming incorporates multiple therapeutic approaches into a focused plan that promotes long-term success.

We're also uniquely prepared to help the many men and women whose struggles with gambling are accompanied by co-occurring substance use disorders. Our experienced and compassionate professionals can deliver the clinically sophisticated care that will address your compulsive gambling while also providing the structured programming that will enable you to end your dependence on alcohol or other drugs.

When you choose Keystone, you can experience true and lasting freedom from all the self-defeating behaviors that have been preventing you from living a happier and more satisfying life.

More Than a Money Problem

The most obvious impact of compulsive gambling is the potential for financial devastation. But as is the case with most types of addiction and compulsive behaviors, the possible damage can be much worse.

Please consider the following:

- Research indicates that more than 70% of people who have a gambling problem may also be struggling with addictions.
- More than 50% of people who have a gambling problem also suffer from mood disorders, anxiety, or other mental health challenges.
- About 25% of people who have a gambling problem have committed crimes such as check fraud, theft, or unauthorized use of credit cards.
- Problem gambling has been linked to a higher risk for suicide.

Problem gambling can also have a profoundly detrimental effect on marriage, family, academic progress, career, and other important components of a healthy and productive life.



10 Questions To Ask Yourself

If you think that you might have a gambling problem, ask yourself the following 10 questions:

- Do you frequently think about gambling?
- Have you lied about the amount of time or money you've spent gambling?
- Have gambling losses ever made it hard for you to pay your bills?
- When you lose money, do you feel the urge to gamble more to win it back?
- Have you ever missed work, school, or other responsibilities because of gambling?
- Once you start gambling, is it difficult or impossible to stop?
- Have you ever argued with friends or family members about your gambling?
- Have you ever sold items or borrowed money so that you could continue to gamble?
- Has your gambling ever caused you to feel guilt, shame, or remorse?
- Do you want to stop gambling but don't know how?

If you answered "yes" to any of these questions, you may have a problem. The good news is that gambling disorder is a treatable condition. With the right help, you can regain control of your behaviors and overcome the compulsion to gamble.

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