

DO YOU A HAVE GAMBLING PROBLEM?

Have you borrowed money from family members and close friends in order to relieve a financial problem that arose due to gambling?

▪ ▪ ▪

Have you lost or jeopardized important relationships with your wife, girlfriend, husband, boyfriend or parents due to gambling?

▪ ▪ ▪

Have you neglected family, school or work responsibilities because of gambling?

▪ ▪ ▪

Do you use gambling as a way to escape problems or relieve depression?

▪ ▪ ▪

Do you feel unable to stop playing, regardless of winning or losing?

▪ ▪ ▪

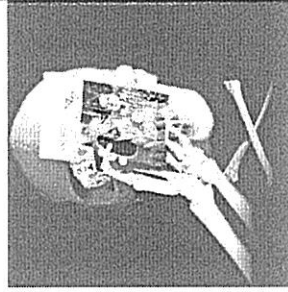
Are you betting more than you intended to?

▪ ▪ ▪

Do you feel restless or irritable when attempting to cut down or stop gambling?

WHAT'S YOUR SCORE?

If you answered "yes" to one or more of the above, you may be in trouble with gambling. Be honest with yourself. It takes courage to face that you may be addicted to gambling.



WHAT IS COMPULSIVE 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. Compulsive gambling can jeopardize your job and devastate your relationships with your friends, your acquaintances and most importantly your family members.

DO YOU NEED HELP?

Only you know if you are a compulsive gambler. If so, you are not morally weak. You have an illness that can be treated. Counseling and support are available for compulsive gamblers and their family members.

If you or someone you know is addicted to gambling, you are not alone. You can get help now— for yourself and for your family.

For more information, please call:

1.888.968.7888

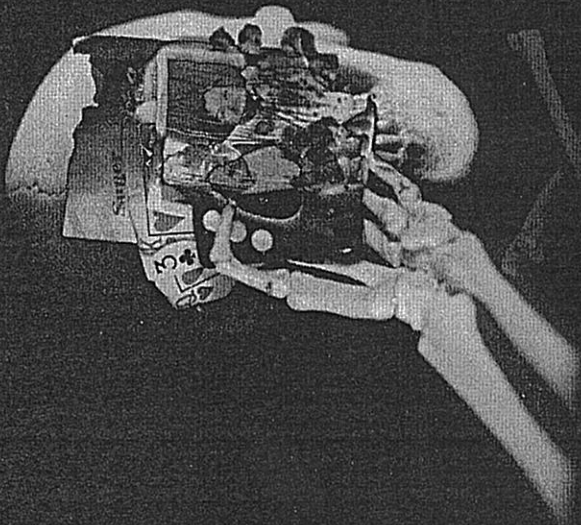
All calls are confidential.

<http://www.nicoschc.com>

Special thanks to the California Council On Problem Gambling, Inc. Funded in part by The California Wellness Foundation and the San Francisco Department of Public Health.

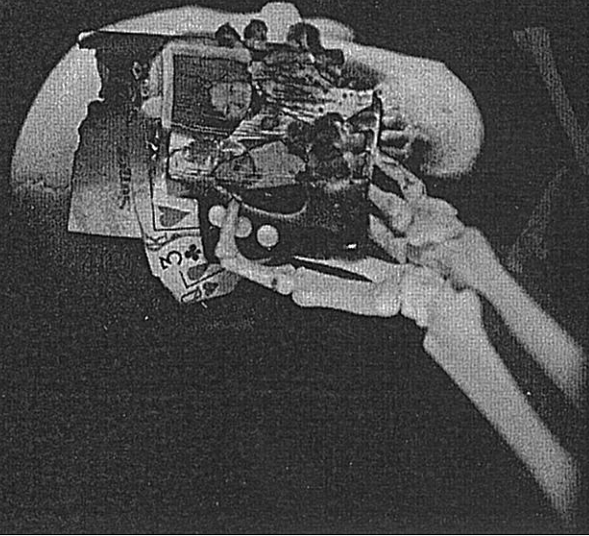
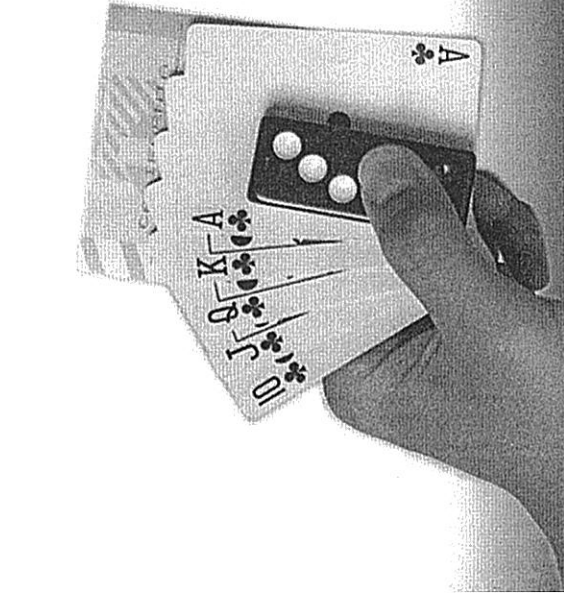
WHEN ONE PERSON IS ADDICTED TO GAMBLING, THE WHOLE FAMILY SUFFERS.

HELP IS AVAILABLE.



一人好賭，全家受苦！

我們可以幫助您



您是否有賭博問題？

您有沒有因為賭而出現財政困難，向您的親友借錢？

.....

您有沒有因為賭而失去或破壞了和妻子、女友、丈夫、男友或父母的關係呢？

.....

您有沒有因為賭忽略家人、疏忽功課，或者不盡職工作呢？

.....

您有沒有用賭來逃避問題，或者用賭來減壓以求鬆弛呢？

.....

您是否感到無論輸贏，都沒有辦法停止繼續賭下去呢？

.....

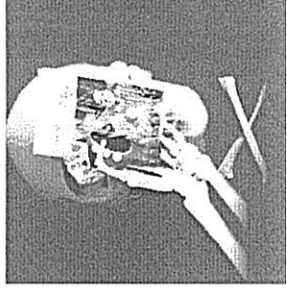
您是否本來只想小賭，結果總是賭得比預期中大呢？

.....

當您試圖節制或戒賭，是否覺得混身不自在或者很容易生氣呢？

您的答案是甚麼？

對於以上的問題，如果有一個或以上您回答：「是！」那您就能就有賭博的煩惱了。您必須對自己坦白，您可能上了賭癮，您必須鼓起勇氣面對。



甚麼叫做上了賭癮？

對很多人來說賭是一種有樂趣的活動，但對有些人來說並不如此，他們會上癮。賭癮可以催毀一個人的個人生活、事業前途和金錢財產。賭癮可以使您失去工作，破壞您和親友的關係，最重要是您全家受害。

您需要幫助嗎？

只有您自己才知道是否上了賭癮。如果您真的上了賭癮，那並不表示您意志薄弱。賭癮就好像一種疾病，那是可以治療的。我們會為上了賭癮的人和他們的家人提供輔導和支持。

如果您本人或者您認識有誰上了賭癮，您要知道，您們不是唯一的上癮者。在這裡您可以為您自己或者家人取得幫助，解決問題。

請電（中文）求助熱線：

1.888.968.7888

所有來電，均會保密。

<http://www.nicoschc.com>

鳴謝：加州賭博問題委員會、部分資金由 California Wellness 基金會及三藩市衛生區資助。