

# WHO WE ARE

We are a group of people from different backgrounds who are passionate about this issue for different reasons. We have combined our strengths and resources and work together for one reason, we want to make a difference for problem gamblers and their families across Oregon and the U.S.



The idea of TAKE A BREAK came from years of trying to reach those who gamble and their loved ones to spread awareness of problem gambling and the message of hope and help. It has been helpful to partner with the source, the businesses that provide this activity.



Since 2015, we have been working with businesses to post Take A Break signs in their establishments. Businesses have been great partners and it has been wonderful to connect with them and the community to commemorate Problem Gamblers Awareness Day. Join us!

# TAKE A BREAK CAMPAIGN



# THE PROBLEM

Problem gambling (or gambling disorder) is a behavioral addiction, characterized as a "persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress."

Signs of problem gambling include:

- Preoccupied with gambling
- Secretive about his/her gambling habits, and defensive when confronted
- Increasing bet amounts when gambling in order to achieve the desired excitement ("high")
- Trying unsuccessfully to control, cut back or stop gambling
- Restless or irritable when not gambling
- Gambling when distressed (helpless, guilty, anxious, depressed).
- "Chasing" losses with more gambling
- Lying to family and others about the extent of gambling
- Jeopardizing or losing relationships, jobs, or educational or career opportunities because of gambling
- Relying on others to bail him or her out relieve money problems caused by gambling

# MISSION

We would like to invite people who gamble to take a break from gambling for ONE DAY, to take a step back to make sure they are being responsible with their gambling, and we ask family and friends to start a conversation with those that gamble, even offering to be a sponsor or support person if needed.

# CAMPAIGN GOALS

The goals for the campaign include:

- To offer an opportunity for businesses that offer gambling to show they care for their customer base.
- To offer an opportunity for states to model responsible gambling.
- To offer family members and friends a way to start a conversation about responsible gambling.
- To reach out with our help line information, and offer HOPE AND HELP to those who are unable to take a break.

## 1-877-MY LIMIT

(695 - 4648) / 24 hours

[www.opgr.org](http://www.opgr.org)