

“The real difficulty is to overcome how you think about yourself” - Maya Angelou

Royal Throne March 2023



Behavioral Health: Treatment and Prevention

New Opportunities' Behavioral Health Department provides
Problem Gambling and Substance Misuse Prevention and Treatment Service
in five counties, including: Audubon, Carroll, Greene, Guthrie, and Sac.

Need Help or have questions? Contact us at: 712-792-9266 or 1-800-642-6330!

MARCH IS PROBLEM GAMBLING AWARENES MONTH

What is Problem Gambling? If you or someone you care about exhibit any of the following, it may be a Gambling Disorder:

- Felt restless, on edge or irritable when trying to stop or cut down on gambling?
- Ask others to provide money to help deal with financial problems due to gambling?
- Lie to conceal how much you have gambled from your family or friends?
- Made repeated unsuccessful efforts to control, cut back, or stop gambling?
- Need to increase your bet in order to feel the same kind of excitement as before?
- Think about gambling even when not doing it?
- Often gamble when feeling down, stressed, angry, or bored?
- Try to win back the money that was recently lost?
- Jeopardized or lost relationships or job?



March 1 represents

Self-Injury Awareness Day (SIAD),
an international awareness day that is dedicated
to learning about behaviors like “cutting” and
other intentional methods of self-injury —
raising awareness and providing resources
to those who need help.

DID YOU KNOW?

PEOPLE CAN BE ADDICTED TO GAMBLING

ABOUT 3 OUT OF 100 PEOPLE HAVE GAMBLING PROBLEMS

RECOVERY FROM GAMBLING PROBLEMS IS POSSIBLE

FIND OUT MORE

New Opportunities

Problem Gambling Help-Line:

712-830-0793