



HOW TO TALK TO

a friend or relative about a gambling problem.

If someone you know is gambling for more than fun, they may have a problem. Talking to them can seem scary, but they need you to have courage. Here are some ways to begin the conversation.

- Find a comfortable place to talk where you won't be disturbed.
- Tell the person that you care about them and you're concerned about how they are acting.
- Tell the person exactly what they have done that concerns you.
- Explain how their behavior is affecting other people — and be specific.
- Be clear about what you expect ("I want you to talk to someone about your gambling.") and what they can expect from you. ("I won't cover for you anymore.")
- After you've told the person what you've seen and how you feel, allow them to respond. Listen with a nonjudgemental attitude.
- Let the person know you are willing to help, but don't try to counsel them yourself.
- Give the person information, not advice. Encourage them to call or email Ohio for Responsible Gambling.

help@ilostabet.org

1-800-589-9966