

# GAMBLING ADDICTION

## Can be TREATED



### DID YOU KNOW

A gambling addiction is defined as having an irresistible compulsion to gamble, with little regard to the consequences of these actions.

Fortunately, gambling addiction can be treated, but first, it's important to understand what characterizes this type of addiction.

The good news is that there is help for gambling addiction.



### Gambling Addiction Help

Fortunately, there is help for gambling addiction, and a professional therapist can provide you with the tools you need to stop gambling once and for all and find the healing you're seeking.

Some people do stop gambling on their own, but they fail to address the underlying issues that have led to the behavior in the first place.

A professional knows how to treat gambling addiction, and that type of counselling offers you the best chance for success on the road to recovery.



### Types of Gambling Addiction

It's normal for a person to go through three different phases of addiction:

1

**The winning phase**



This is the euphoric feeling that people enjoy the most.

2

**The losing phase**



It's impossible to win all the time, and losing is inevitable.

3

**The desperation phase**



This phase occurs after a person has lost repeatedly, and they're desperate to do anything.

The desperation phase is scary because it can lead to criminal activity,



Depression



lost relationships



lost employment



suicide

As a Toronto addictions therapist, I've helped many people who were dealing with an addiction to gambling, and I can help you too.

**With commitment and expert help, you can break free from your gambling addiction for good.**

Call us now for help!

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# Counselling For Problem Gambling

**Daniela Niemeyer**



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