



# GEAR

Choose the road to a brighter future.

## **WANT TO TAKE YOUR GAMBLING IN A DIFFERENT DIRECTION?**

Introducing the Gambling Evaluation And Reduction Program, GEAR, a program for people who are at a crossroads with gambling.

GEAR is a confidential, educational, phone-based program designed to help gamblers steer away from potentially-harmful gambling patterns without going to a treatment center. It combines phone consultation with certified counselors, workbook exercises and referral resources to give participants the tools and motivation to make good choices about if and how much to gamble.

### **Who Should Consider GEAR?**

- 1** Anyone who thinks their gambling is getting out of hand.
- 2** Anyone who is looking for proven ways to change a potentially destructive pattern of gambling.
- 3** Anyone who isn't getting help for a gambling problem because there isn't a treatment center nearby, or because other circumstances are getting in the way of going to a local treatment center.

### **How Do I Sign Up For GEAR?**

There is no charge for GEAR and it is easy to enroll. Simply, call the toll-free help line at (877) 278-6766. A qualified advisor will talk to you about your gambling to determine if GEAR is right for you.

GEAR is designed to help gamblers who are motivated to change their gambling patterns – whether that means stopping entirely or just learning to play their dollars with sense.

**You can choose the road to a brighter future.**

**HELP LINE (877) 278-6766**