



EAP NEWSLETTER



1-800-EAP-4-YOU



TTY 1-800-492-7341

Sponsored by the Lakeland District EAP Advisory Committee

EAP Month 2011 **Do You Have A Problem with Gambling?** Special Edition

Do You Have A Problem With Gambling?

20 Questions You Should Ask Yourself

- Have ever lost time from work or school due to gambling?
- Has gambling ever made your home life unhappy?
- Has gambling affected your reputation?
- Have you ever felt remorse after gambling?
- Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
- Does gambling cause a decrease in your ambition or efficiency?
- After losing, do you feel you must return as soon as possible and win back your losses?
- After a win, do you have a strong urge to return and win more?
- Do you often gamble until your last dollar is gone?
- Do you ever borrow to finance your gambling?
- Have you ever sold anything to finance gambling?
- Are you reluctant to use "gambling money" for normal expenditures?
- Does gambling make you careless of the welfare of yourself or your family?
- Do you ever gamble longer than you had planned?
- Have you ever gambled to escape worry or trouble?
- Have you ever committed, or considered committing, an illegal act to finance gambling?
- Does gambling cause you to have difficulty sleeping?
- Do arguments, disappointments or frustrations give you an urge to gamble?
- Do you ever have an urge to celebrate any good fortune by gambling for a few hours?
- Have you ever considered self-destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer 'yes' to at least seven of these questions.

If you have a problem with compulsive gambling, or are concerned that you or someone close to you may have a gambling problem, you can consult resources such as Gamblers Anonymous or Gam-Anon (for friends and family of compulsive gamblers). Check your telephone directory for local numbers.

Resources Are Available

Additional information, self-help tools and other resources are available online at www.EAP4YOU.com. Or call the Employee Assistance Program (EAP) for more information, help, and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you at 1-800-EAP-4YOU or 1-800-327-4968 (TTY 877-492-7341).

Make the Call!

1-800-EAP-4-YOU

(1-800-327-4968)

TTY: 1-877-492-7341

www.EAP4YOU.com

The EAP is a confidential service providing professional counseling, referrals and resource finding to USPS employees and their family members. The EAP can help you find solutions to problems. There are no out of pocket costs to use the EAP. Licensed professional counselors are available by phone and in private offices close to your home or work.

If you are at an ACE computer, you can learn more about the EAP, read past DAC Newsletters and view the EAP Video at <http://lakelandintranet.usps.gov>

This material was developed exclusively at private expense by Magellan Health Services, Inc. and its subsidiaries, subcontractors, or vendors and constitutes limited rights data/restricted special works consistent with the provisions of Clauses 8-10 and 8-16 of the USPS Supplying Principles and Practices. Use of this material is authorized in connection with EAP services provided by Magellan Behavioral Health under contract no. 2APSER-07-B-0025 and conveys no additional rights beyond those noted here. Upon termination or expiration of the contract, the Postal Service will, as requested by Magellan Behavioral Health, return or destroy all such materials.