



**LEARN HOW  
TO SPOT A  
PROBLEM  
GAMBLER.**

**TAKE THE QUIZ**



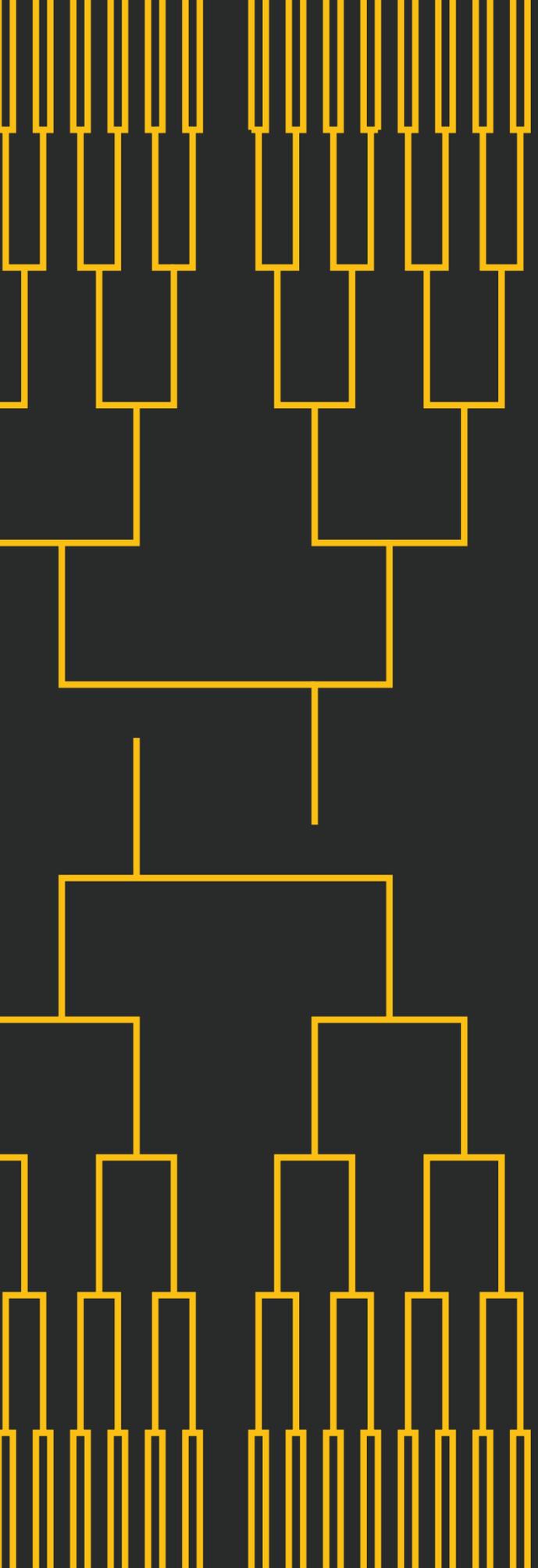
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**TAKE THE QUIZ**



**STEP 1:**  
**TAKE GAMBLING QUIZ**

**STEP 2:**  
**FILL OUT BRACKET**



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**TAKE GAMBLING QUIZ**

**STEP 2:**  
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**DON'T BE ASHAMED OF  
YOUR STORY — IT WILL  
INSPIRE OTHERS**



“OWNING OUR STORY AND LOVING  
OURSELVES THROUGH THAT  
PROCESS IS THE **BRAVEST** THING  
THAT WE WILL EVER DO.”

— **BRENÉ BROWN**



**RECOVERY IS A PROCESS.  
IT TAKES TIME. IT TAKES  
PATIENCE. IT TAKES  
EVERYTHING YOU'VE GOT.**



CREATE **HEALTHY HABITS,**  
NOT RESTRICTIONS.



SOMETIMES YOU HAVE TO FORGET  
WHAT'S GONE, APPRECIATE WHAT  
REMAINS, AND **LOOK FORWARD** TO  
WHAT'S COMING NEXT.



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DO YOU  
KNOW  
SOMEONE  
THAT MAY  
BE AT **RISK**?