

Jon's Gambling Story



I started gaming as a kid and got hooked on the excitement of winning.

In college, I gambled online and lost most of my tuition money.



My gambling increased to the point I was betting to win back my losses.

I was so alone and ashamed of my gambling debt. I became withdrawn and depressed.



Jon's Recovery Story

Others became concerned about my addiction. I started to realize I needed help.



I began therapy and went to group meetings. It helped to talk to others.

I continue to work on my recovery. I have started to rebuild my life and enjoy activities other than gambling.

