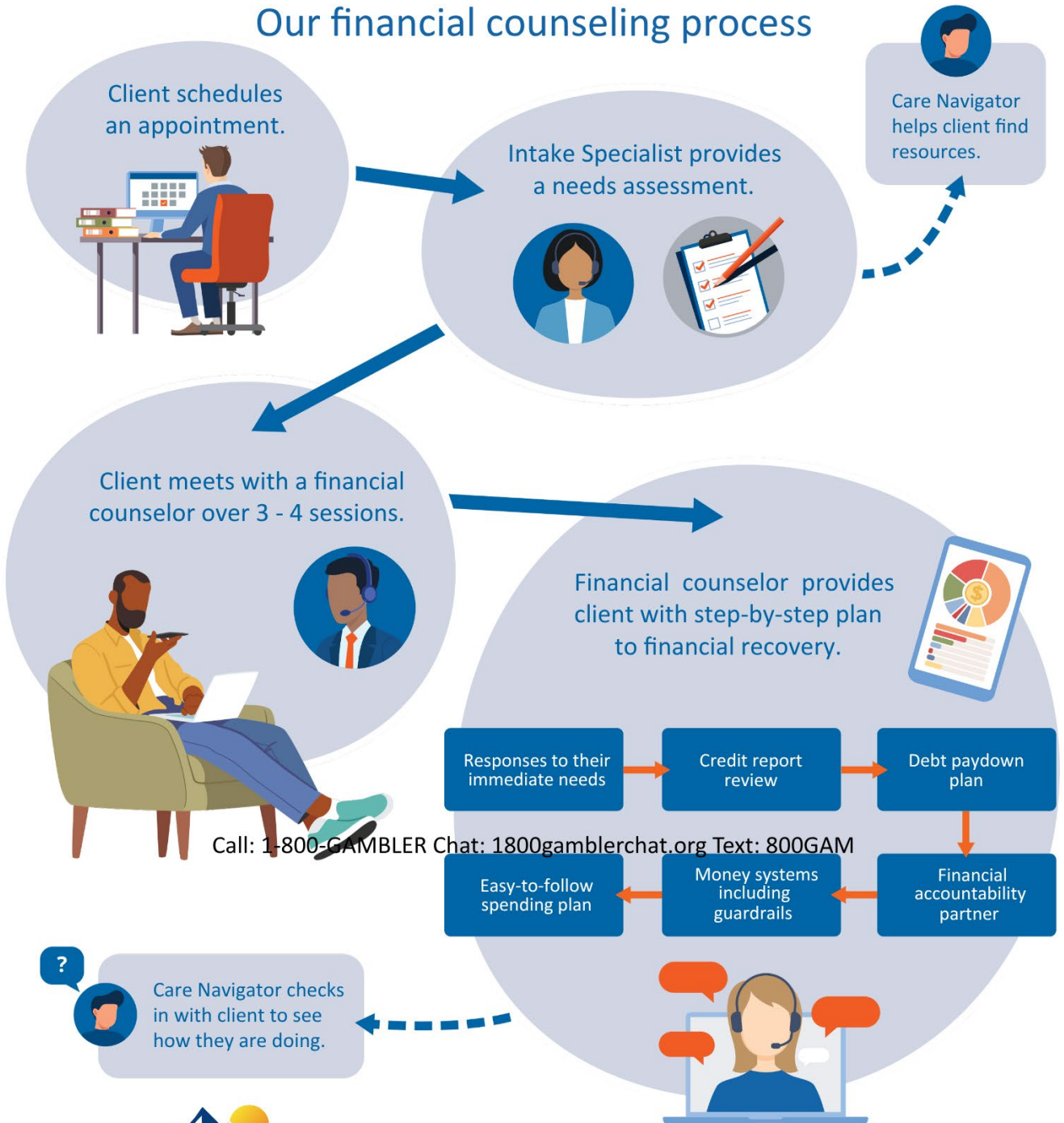




## Our financial counseling process



Call: 1-800-GAMBLER Chat: [1800gamblerchat.org](http://1800gamblerchat.org) Text: 800GAM

## Questions? We've got answers!



### Why should I get financial counseling?

Individuals impacted by gambling-related financial issues often feel they have nowhere to turn. The added financial pressure can exacerbate anxiety and stress, which in turn, can lead to more problematic behavior. Financial counseling can help relieve the pressure – helping you gain clarity, find a path forward, and restore hope.



### How is financial counseling different?

Unlike financial advisers who focus on growing wealth, financial counselors can help you address immediate financial issues and provide essential support to regain control over finances, including managing debt, creating a spending plan, and setting up guardrails.



**How much does financial counseling cost?** In Wyoming we offer free group sessions and a self pay option is also available. In the future we hope to secure funding that will allow us to provide financial counseling at no cost to clients



### What to expect during an initial consultation

Financial counselors often spend the first session in fact-finding mode, asking questions and listening actively. Their goal is to help you feel comfortable and assess the nature and severity of your situation, enabling you to make a plan. You can expect to leave your initial consultation with a strategy that includes concrete steps for moving forward.



### Do you offer loans?

No, we do not provide loans or sell any other financial products. Nor do our counselors try to sell you anything or earn a commission.



**How many sessions can I get?** On average, a person will benefit from 3 - 4 sessions; but, sometimes more, if there are family members attending the sessions.



### Do you manage bankruptcy?

No. There are many alternatives to explore before considering bankruptcy. Bankruptcy can fit some situations, but only as a last resort. For most people struggling with gambling losses, the appropriate path is to repay debt and gain a healthier relationship with money.



**What if I'm not ready to book an appointment now?** That's ok. You can always come back to book a session. If you want to learn more about the harms associated with gambling, please Call: [1-800-GAMBLER](tel:1800GAMBLER) Chat: [1800gamblerchat.org](https://1800gamblerchat.org) Text: [800GAM](https://800GAM)



**Who can access my information?** Your information is safe and secure. We are HIPAA-compliant and will ask for written permission to share any information. During your intake process you will have an opportunity to review and sign these forms.