



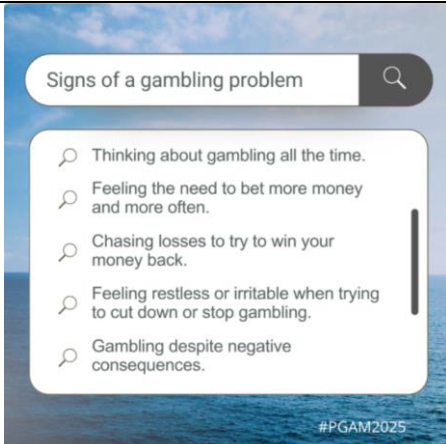


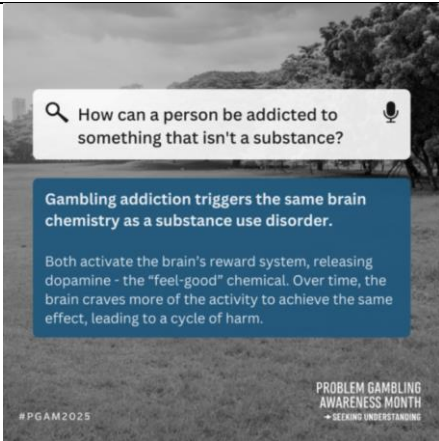
### PGAM 2025 Social Media

PGS has reviewed the PGAM toolkit from NCPG and below you will find examples of recommended images and messaging for Oregon Problem Gambling Services programs. You can download the images at: <https://www.ncpgambling.org/problem-gambling/pgam/>

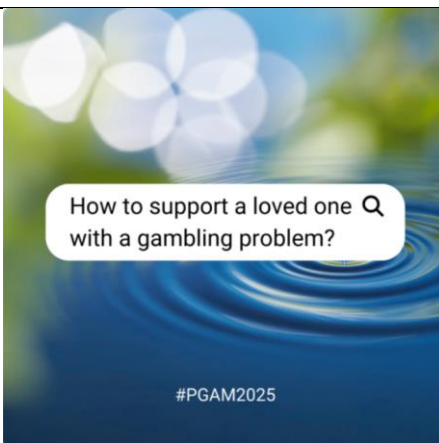
Graphic	Message
	March is Problem Gambling Awareness Month. Learn more about this hidden addiction at OPRG.org or contact (prevention or treatment program information)#PGAM2025
	During Problem Gambling Awareness Month, [ORGANIZATION] works to increase public awareness of problem gambling and the availability of support.  Learn more at OPRG.org or contact (prevention program information) #PGAM2025

## Examples of images and messages that can be utilized all year long.

Graphic	Message
	<p>Help us increase awareness of problem gambling as a serious but often misunderstood mental health condition. By creating a deeper understanding of this issue, we can encourage empathy, reduce barriers to treatment, and provide support.</p> <p>Learn more at <a href="https://www.opgr.org">OPGR.org</a></p>
	<p>Problem gambling does not discriminate and can impact anyone who gambles regardless of economic, social, cultural or levels of education. Let's work together to break stereotypes and provide support for everyone who needs it.</p> <p>For help with a gambling problem, call 1-877-MYLIMIT, text <a href="tel:503-713-6000">503-713-6000</a>, or visit <a href="https://www.opgr.org/">https://www.opgr.org/</a></p>
	<p>Learn the signs of a gambling problem and be a source of support for those in need.</p> <p>If you or someone you know may have a gambling problem, contact the Oregon Problem Gambling Resource Helpline, which offers hope and help without stigma or shame. Call 1-877-MYLIMIT text 503-713-6000, or visit <a href="https://www.opgr.org/">https://www.opgr.org/</a></p>



Just like substance use disorders, gambling addiction isn't about willpower; it's a complex mental health condition rooted in biology. Understanding this connection helps us view gambling addiction with the same compassion and seriousness as other addictions. Call 1-877-MYLIMIT text 503-713-6000, or visit <https://www.opgr.org/>



Problem gambling doesn't just affect the individual—it has a ripple effect that impacts friends, family, and loved ones. Gambling problems can lead to financial strain, legal troubles, job loss, and damage to personal relationships.

If you have been impacted by a loved one's gambling, you are not alone. By raising awareness, we can offer support to everyone impacted and work toward healing.

Call 1-877-MYLIMIT text 503-713-6000, or visit <https://www.opgr.org/>



Approximately 1 in 5 people who have a gambling problem will make a suicide attempt in their lifetime, a rate higher than any other addictive disorder. By raising awareness and encouraging timely intervention, we can help save lives.

Call 1-877-MYLIMIT text 503-713-6000, or visit <https://www.opgr.org/>