Changing
+ THE
– ODDS

Small changes. ***Better odds.***

VOICES *of* HOPE

644 N. Broadway, Lexington, KY 40508
(859) 303-7671 | VOICESOFHOPELEX.ORG

Gambling risk looks different at every age.

Gambling disorder risk peaks *before age 25 — when the brain's decision-making center is maturing — and again after 55, often tied to retirement or isolation.*

KNOW THE AGES YOU'RE MOST AT RISK

Early exposure before 25 and major life changes after 55 raise risk — awareness is the first step.

REACH OUT TO A RECOVERY COACH

Voices of Hope's Recovery Coaches can help you change your relationship to gambling — at any age.

CONSIDER VOLUNTARY SELF-EXCLUSION

A safety net that bans you from casinos or gambling platforms for a set period of time that you choose.