

Gift Responsibly This Holiday Season

Research shows the earlier a person's participation or even exposure to gambling in childhood, the more likely they are to develop gambling problems later in life. And gambling in childhood is frequently some kind of lottery product, given through lack of awareness by a well-meaning adult. If you want to learn more or if you or someone you know is experiencing a gambling disorder, check out our gambling resources page.

[Read More](#)

GIFT RESPONSIBLY



**Lottery Tickets Aren't
Child's Play**



StarkMHAR had the pleasure of participating in two awesome events recently! Thank you NAMI and CommQuest for having us!

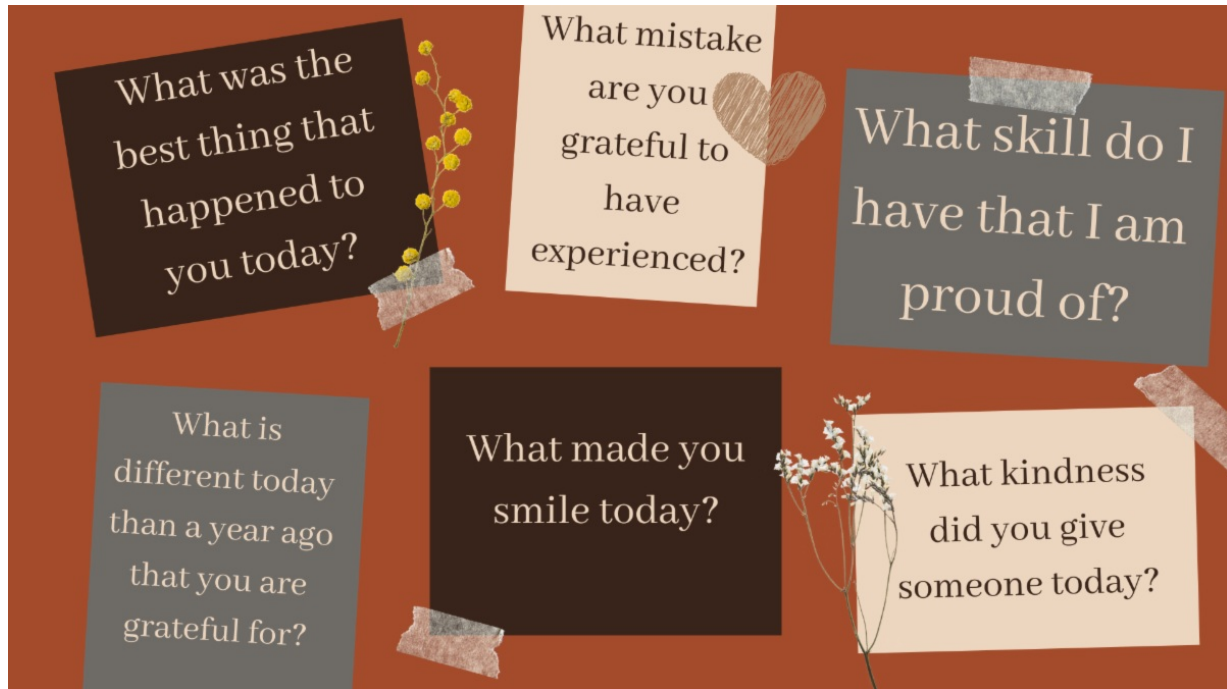


**Check Out CommQuest On
Facebook!**

**Check Out NAMI On
Facebook!**

Be *Thankful* All Year Round.

Talking about what you are thankful for doesn't have to stop after Thanksgiving dinner. Here are some gratitude prompts and the benefits of keeping a gratitude journal.



The Wake County, NC NAMI chapter said it best...

"Research highlights that gratitude has been shown to lead to positive outcomes following traumatic events as well as following negative life experiences, such as substance misuse."

[Read NAMI's whole post here](#)

Looking for essential resources this holiday season?

Check out StarkHelpCentral.com!



Need help making grocery ends meet?

[Check out the list of food pantries on StarkHelpCentral.com](https://www.starkhelpcentral.com)

Follow us on social for mental health (& more) content!



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