

MISSION

The Prairie Ridge mission is to prevent and reduce behavioral health symptoms and associated stigma.

VISION

Prairie Ridge will be the preferred provider of Integrated behavioral healthcare through holistic, client-centered, feedback-informed prevention, and treatment services.

WE VALUE

Treating all individuals with dignity & respect.
Integrity, clarity, and precision in all our Interactions.
Continual improvement of all aspects of our organization.
Accountability, positivity, and responsiveness to feedback.
Resiliency of the individual.
Building and improving strong alliances.

Have you ever felt the need to bet more and more money?

Have you ever had to lie to people important to you about the extent of your gambling?

To learn more about our treatment services, please contact us.

Mason City Office

320 N. Eisenhower Ave.
P.O. Box 1338
Mason City, IA 50402
Phone: (641) 424-2391
Toll Free: 1-866-429-2391

Charles City Office

703 N. Main, Suite #1
Charles City, IA 50616
Phone: (641) 228-1477

Algona Office

117 E. Call Street
P.O. Box 307
Algona, IA 50511
Phone: (515) 295-5158

Forest City Office

138 N. Clark
Forest City, IA 50436
Phone: (641) 585-2060

Hampton Office

123 1st Ave. S.W.
Community Services Bldg.
Hampton, IA 50441
Phone: (641) 456-2365

*Prairie Ridge Integrated Behavioral
Healthcare*

Gambling Prevention and Treatment Services



Providing Comprehensive
Treatment Services to Communities
of North Iowa and Beyond

(641) 424-2391

A gambling disorder can affect almost anyone. It impacts people of every age, sex, race, ethnicity, religion, geography, and socioeconomic groups.

For many, gambling is fun and entertaining. But for others, gambling has caused them to lose things they value most—family, friends, home, jobs, savings, car, business, and other things of importance in their lives.

Signs of Problem Gambling

- Gambling more often for more money
- Gambling for longer periods of time
- Gambling in spite of negative consequences, such as large losses or poor academic performance
- Gambling as a means to cope with loneliness, anxiety, or depression
- Committing illegal acts or lying in order to sustain the gambling.

Gambling Prevention Services

Prairie Ridge offers quality and effective gambling prevention services for people of all ages using comprehensive prevention strategies. Programs target gambling risk and protective factors. The Prevention Team works with schools, workplaces, organizations and clubs, and other community groups to offer educational sessions.



Low-Risk Gambling Guidelines

- Gambler knows that over time, nearly everyone loses.
- Gambling occurs in a social context with family, friends, and/or colleagues
- Participation is for a limited amount of time, both in frequency and duration
- Gambling episode has predetermined, acceptable limits for losses
- Gamblers do NOT gamble to solve problems or cope with loneliness, anxiety, depression, or other ailments.

Gambling Treatment Services

Prairie Ridge recognizes that a gambling disorder can affect individuals, families, and communities. We want to help.

Prairie Ridge provides:

- Assessments and evaluation
- Individual, group and family counseling
- Referral to community-based supports and services
- Assistance with the self-exclusion Option

Your first four sessions are free!

