SIGNS OF A PROBLEM GAMBLER:

- **Preoccupied** with gambling.
- **Secretive** about his or her gambling habits
- Increasing bet amounts to get the desired "high"
- Trying to control their gambling— but **failing**
- **Restless or irritable** when not gambling
- Gambling to **escape** problems
- Chasing losses with more gambling
- **Lying** to family and others about the extent of gambling
- Committing **crimes** to finance gambling
- Jeopardizing or **losing jobs** or relationships
- Relying on others to bail him or her out from gambling losses

If any of these statements sound like someone you know, get them the help they need.
Call 1-800-BETS OFF.

IDPH
IOWA Department of PUBLIC HEALTH

No judging. Just helping.

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1800BETSOFF.ORG

2/2020

IOWA GAMBLING TREATMENT PROGRAM

HELP WILL FIND YOU

1-800-BETS OFF

1800BETSOFF.ORG

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IOWA Department of PUBLIC HEALTH

ALMOST NINE IN TEN IOWANS GAMBLE.

MOST SEE IT AS A FORM OF RECREATION. AND FOR MANY, IT IS.

But about 3-percent of Iowans develop a problem. The thrill of gambling provides an exciting high, almost like a drug. Gambling becomes an addiction. One that's extremely difficult to stop. They fool themselves into believing they can "beat the odds." Right up until their entire world begins to fall apart.

They lose their money. Some lose their jobs. Some lose their families. Some lose everything that has meaning in their lives.

And yet, they can't stop themselves. At least, not on their own.

THIS IS A TREATABLE CONDITION.

Help is a phone call away. Just call 1-800-BETS OFF. Our highly qualified staff will offer information, listen to you and discuss treatment options. Together, we can find a way to stop the downward spiral.

It's not easy. But with hard work and desire, you can get your life back.

WE OFFER DISTANCE TREATMENT.

Some people don't seek help because they live too far away from a treatment agency. Or because they lack child care. Or because of transportation difficulties.

Now Iowans have more choices about the help they receive. Services are available in person, by phone or through email.

Talk with a counselor about your options and whether distance treatment is right for you.

HELP WILL FIND YOU WHEREVER YOU ARE.