Before you place the next bet, talk to us.

There comes a point when you've had enough. Enough losing. Enough suffering. Enough of gambling controlling your life. There's good news: You don't have to go it alone. The Iowa Gambling Treatment Program has options designed to help you overcome your gambling problem, whatever it may be.

We're here to help.

IDPH
Iowa Department of Public Health

Get the help you need.

IDPH.IOWA.GOV/IGTP
1800BETSOFF.ORG

6/2019

IF GAMBLING'S CONTROLLING YOUR LIFE, WE CAN HELP.

1-800-BETS OFF

1800BETSOFF.ORG

IDPH
Iowa Department of Public Health

Talk to someone who understands.

If you or a family member has a gambling problem, consider us your support. When you call us at 1-800-BETS OFF or chat with someone at 1800BETSOFF.org, you'll be connected to local treatment options, including counseling. That means you won't have to go far to get the help you need.

No judging. Just helping.

Having a gambling problem isn't a sign of weakness. It's not a moral failing. It's a treatable mental health disorder that our team of compassionate problem gambling professionals can help you overcome. All you have to do is take the first step and reach out to us.

Call 1-800-BETS OFF or visit 1800BETSOFF.org to talk to a professional who can get you the help you and your family need.

Don't wonder if you have a problem. Find out.

Maybe you've been wondering if you think about gambling too much. Maybe you've been wondering if borrowing money to gamble is normal. Maybe you've been wondering if there's a way to find out if you could have a gambling problem. Well, there is. Call 1-800-BETS OFF or visit 1800BETSOFF.org.

Find quizzes, warning signs and more at
1800BETSOFF.ORG

Learn about Iowa's Voluntary Self-Exclusion Programs.

Iowa's Voluntary Self-Exclusion Programs can be effective tools to address problem gambling. There are two distinct voluntary self-exclusion programs available. One through the Iowa Racing and Gaming Commission (IRGC) licensed casinos, and the second through the Iowa Lottery. Both offer the same five-year* or lifetime (irrevocable) options.

If you choose to be self-excluded from casino and/or lottery gaming in Iowa, you'll need to complete and sign the applicable voluntary self-exclusion form.

When you contact us, we can help walk you through the steps to completing and submitting an IRGC Licensed Casino and/or an Iowa Lottery voluntary self-exclusion form.

Find the Voluntary Self-Exclusion forms and more information at

https://irgc.iowa.gov/self-exclusion-program
and ialottery.com/pages/legal/selfexclusion.aspx

*Note: Those who self-excluded prior to July 1, 2017, and have been on the list for at least 5 years, can petition to be removed from the list. After July 1, 2017, signing up for a lifetime self-exclusion remains irrevocable.