IOWA GAMBLING TREATMENT PRORGRAM

THIS IS THE FIRST STEP TO CHANGE.

1-800-BETS-OFF

1800BETSOFF.ORG

IDPH
Iowa Department of Public Health

DO ANY OF THESE STATEMENTS SOUND LIKE YOU OR SOMEONE YOU KNOW?

- **Preoccupied** with gambling
- Increasing bet amounts to get the desired “high”
- Jeopardizing or **losing jobs** or relationships
- **Secretive** about gambling habits
- Trying to control gambling – but failing
- Restless or **irritable** when not gambling
- **Lying** to family about the extent of gambling
- Gambling to escape problems
- Chasing losses with more gambling
- Committing **crimes** to finance gambling
- Relying on others for bailout from gambling loses

IF ANY OF THESE STATEMENTS SOUND LIKE YOU OR SOMEONE YOU KNOW,

GET HELP.

CALL 1-800-BETS-OFF OR VISIT 1800BETSOFF.ORG.

6/2017