



## **SIGNS OF A PROBLEM GAMBLER**

### **Is someone you know...?**

- Preoccupied with gambling (i.e. reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble).
- Secretive about his/her gambling habits, and defensive when confronted.
- Increasing bet amounts when gambling in order to achieve the desired excitement ("high").
- Trying unsuccessfully to control, cut back, or stop gambling.
- 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 relationships, jobs, education or career opportunities because of gambling.
- Relying on others to bail him or her out to relieve a desperate financial situation caused by gambling.

If any of these statements sound like someone you know,  
that person may have a problem with gambling.

Help is confidential and it works.

**Call 1-800-522-4700**

Don't wait for the problem to get worse!