



IOWA GAMBLING TREATMENT PROGRAM

TAX REFUNDS

AND REPORTING GAMBLING LOSSES.



No judging. Just helping.

**IDPH.IOWA.GOV/IGTP
I800BETSOFF.ORG**

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1-800-BETS OFF

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DO THE RESPONSIBLE THING WHEN IT COMES TO GAMBLING.

TAX TIP #1:

If you happen to get a tax refund this year, don't blow it all on gambling. Do the responsible thing. Put it in the bank or pay bills. Remember that when gambling, the odds are never in your favor.

TAX TIP #2:

According to the IRS, you may deduct your gambling losses if you itemize your deductions. This also means you are required to claim all of your winnings.

Keep track of this with a diary of all your bets that includes receipts, tickets, statements, or other records to show all of your winnings and losses.

For more information about how to report gambling losses, please talk to a tax service expert or visit [irs.gov/taxtopics/tc419.html](https://www.irs.gov/taxtopics/tc419.html)

HAS YOUR GAMBLING BECOME A PROBLEM?

CHECK THE BOXES THAT APPLY TO YOU.

- ☐ During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
- ☐ During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- ☐ During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

If you checked one or more boxes, please call 1-800-BETS OFF or go online to 1800BETSOFF.org for more information.

