

Are you or a loved one facing a problem with gambling?

From casino games and lottery tickets to sports betting and bingo, gambling can go from fun to out of control quickly. In fact, in any given year, about 14 percent of adult Iowans will experience a problem related to their gambling. That's why it's so important to recognize the warning signs – so you can get help before it goes too far.

NO MATTER WHAT YOU'RE GOING THROUGH, YOU CAN ALWAYS REACH OUT TO 1-800-BETS OFF FROM YOUR LIFE IOWA FOR SUPPORT.

1-800-BETS OFF IS HERE FOR YOU, 24/7.

When you don't know where to turn for help with a problem involving gambling, you can always reach out to 1-800-BETS OFF from Your Life Iowa. Our compassionate professionals offer support and connect you to resources designed to get your life back on track. You can call, text or chat live with us anytime, day or night.



1-800-BETS OFF

📱 TEXT:
(855) 895-8398

💬 CHAT:
YourLifeIowa.org

GAMBLING



Increase your odds of recovering from problem gambling.



1-800-BETS OFF



GAMBLING

⚠ LOOK FOR THESE WARNING SIGNS.

There are many different signs that can indicate someone may be experiencing a problem with gambling, but here are a few of the most common.

- Constantly thinking about gambling (reliving past gambling experiences, planning the next venture, thinking of ways to get gambling money, etc.)
- Being secretive about gambling habits and defensive when confronted
- Lying to family and others about the extent of gambling
- Increasing bet amounts to achieve the desired excitement ("high")
- Trying unsuccessfully to control, cut back or stop gambling
- Feeling restless or irritable when not gambling
- Gambling to escape problems
- Chasing losses with more gambling
- Committing crimes to finance gambling
- Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling
- Relying on others to relieve a desperate financial situation caused by gambling

If you or someone you know exhibits any of the warning signs above, it's time to talk to someone who can help.

HOW DOES GAMBLING AFFECT YOUR BRAIN?

Research has found that gambling activates the brain's reward system much like alcohol and other drugs do. And just like alcohol and other drugs, some individuals may be more prone to developing problems. As an individual gambles more, it can overstimulate the brain's reward system, causing a reaction in the brain that reduces the level of pleasure felt. This change in brain chemistry causes the individual to gamble more and more to feel the pleasure they seek.

Recovery is possible.

All across Iowa, people are recovering from problems related to gambling. And you can, too. Getting help is one of the best things you can do for your relationships, work or school and all other aspects of your life. You don't have to do it alone.

ENCOURAGEMENT. ONE TEXT AT A TIME.

We all need encouragement every now and then. When you sign up for Your Life Iowa's texting program, you'll receive messages designed to provide support, no matter what challenge you're facing.

Sign up at YourLifeIowa.support.

📞 CALL:

(855) 581-8111

📱 TEXT:

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💬 CHAT:

YourLifeIowa.org