



Your Life Iowa

22h ·

Some people have an uncontrollable urge to keep gambling despite the financial and emotional toll it has on their life. Learn the warning signs of problem gambling here: yourlifeiowa.org/gambling/warning-signs



**GAMBLING
STIMULATES
THE BRAIN LIKE
DRUGS AND
ALCOHOL CAN.**

1-800-BETS OFF



Like



Comment



Share



Your Life Iowa ✓

22h · 🌐

You can take steps to reduce your risk of problem sports betting by:

- Always gambling with money you can afford to lose
- Setting a money and time limit
- Not chasing your losses
- Calling 1-800-BETS OFF

Learn more: yourlifeiowa.org/gambling/warning-signs



**WE'RE ROOTING
FOR YOU
TO GET HELP.**

I-800-BETS OFF

👍 Like

💬 Comment

➦ Share