



# Getting help is the first step to getting better.

Have you noticed someone you love pulling away from you? Or acting irritable and distracted? They might have a gambling problem.

1-800-BETS OFF can help. It's a free, confidential help line that's available 24/7. They're available to listen — and can connect you and your loved one to an experienced counselor.

**Call 1-800-BETS OFF today to get help for them — and you.**

**1-800-BETS OFF**

Your Life Iowa | Iowa HHS