



# Getting help is the first step to getting better.

If someone you love has a gambling problem, they likely feel powerless to control it. 1-800-BETS OFF can help.

It's a free, confidential and available 24/7 to 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