

We're here for you, 24/7. Talk to someone who understands.

Call, text or chat now.

CALL 1-800-BETS OFF

TEXT (855) 895-8398

CHAT YourLifelowa.org/Gambling



1-800-BETS OFF

Iowa HHS

Source:

1. Gebauer, L., LaBrie, R., & Shaffer, H. J. (2010). Optimizing DSM-IV-TR classification accuracy: a brief biosocial screen for detecting current gambling disorders among gamblers in the general household population. *Canadian Journal of Psychiatry. Revue Canadienne de Psychiatrie*, 55(2), 82–90



Problems with Gambling? Get Help Now

No judgment. Just help.



1-800-BETS OFF

Iowa HHS

If you are facing a challenge with gambling and not sure where to turn, 1-800-BETS OFF from Your Life Iowa is here to help. By calling 1-800-BETS OFF you will get immediate, free and confidential support. Professionals can connect you to nearby gambling treatment services so you can get the help you need.

Recovery is possible.

It starts by calling

1-800-BETS OFF today.

Signs there may be a problem with gambling:

- Gambling longer than you had planned or until you run out of money.
- Losing sleep due to thoughts of gambling.
- Being distracted or preoccupied by gambling
- Jeopardizing jobs or relationships.
- Being secretive about gambling habits or being irritable when not gambling.
- Using your income or savings to gamble while letting bills go unpaid.
- Making repeated unsuccessful attempts to stop gambling.
- Breaking the law or considering breaking the law to finance your gambling.
- Borrowing money to finance your gambling.
- Feeling depressed or having thoughts of suicide because of your gambling.

- Being remorseful or having regret about gambling.
- Gambling to get money to meet your financial obligations.

A person does not need to have all the signs to be at risk for developing gambling disorder. Even one sign can be harmful and be a reason for change.

Are you worried about your gambling?

Have any of the following happened in the past 12 months¹:

- Have you become restless, irritable or anxious when trying to stop/cut down on gambling?
- Have you tried to keep your family or friends from knowing how much you gamble?
- Did you have to get help from family or friends due to financial trouble?

If more than one of these describe you or a loved one, call 1-800-BETS OFF today. We are here to help, anytime you need it.

**NO JUDGMENT.
JUST HELP.**

