

Learn about Iowa's Voluntary Self-Exclusion Programs.

Iowa's Voluntary Self-Exclusion Programs let a person opt out of gambling activities if they're causing stress or making a negative impact.

There are two distinct voluntary self-exclusion programs available in Iowa. One through the Iowa Racing and Gaming Commission (IRGC) for casino, racetrack, sports wagering and fantasy sports operators. The second is through the Iowa Lottery. Both offer the same five-year or lifetime options.

Iowa Racing and Gaming Commission Self-Exclusion Program:



Iowa Lottery Self-Exclusion Program:



Help is available, 24/7.

CALL 1-800-BETS OFF

TEXT (855) 895-8398

CHAT YourLifeIowa.org/Gambling



1-800-BETS OFF

Iowa HHS

Source:
1. irgc.iowa.gov/self-exclusion-program



Gambling Treatment Services

Get help for yourself or a loved one.

Family, friends, neighbors and co-workers can be impacted by gambling-related problems. If you or a loved one needs help with your gambling, call 1-800-BETS OFF from Your Life Iowa. We are here to listen and help you get your life back on track.

NO JUDGMENT. JUST HELP.



1-800-BETS OFF

Iowa HHS



What can you expect when you call?

When you call 1-800-BETS OFF, you will get immediate support from caring professionals who understand you and can connect you with help. It's a free and confidential service designed to get you through life's biggest challenges, including problems with gambling.

Here for you, wherever you are in your journey to recovery.

By talking to professionals, learn how to:

- Face problems honestly and openly.
- Manage financial stress.
- Help address the consequences of gambling.
- Bring balance to your life.
- Work on positive goals.
- Identify patterns to prevent returning to gambling.
- Identify effective steps to take if you return to gambling after stopping or trying to stop.
- Find fun activities to replace gambling.
- Enroll in Iowa's Voluntary Self-Exclusion Program¹ if wanted.

Support is available for families, too.

When a person has a problem with gambling, it can impact the entire family. If someone you care about is facing consequences of gambling, Your Life Iowa can help family members find support, too. With help, you can:

- Take control of your own life.
- Confront and stop enabling behaviors.
- Restore your normal life routine.
- Detach yourself from situations in healthy ways.
- Reinforce appropriate actions for recovery.
- Take control of money management, bank accounts and insurance matters.

Find help near you.

Finding a trusted professional has never been easier. With the Your Life Iowa facility locator, you can find a treatment provider near you who is ready to talk today.

Search for providers here:

