

# Hope Is Something You Never Have to Lose

**Gambling and mental health  
support is always here.**

Have your problems with gambling taken a toll on your mental health? Talk to a trained professional today for the confidential support you need to get back on track and gain hope for the future.

**CALL TO GET HELP TODAY.**  
**Gambling- 1-800-BETS OFF**  
**Mental Health- 988**





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# A Call for Help Is a Call for Hope

If gambling has caused you to feel shame, anxiety or even hopelessness, you're not alone. Talk to a counselor today for free, confidential help — and the hope you need to get better.

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