

# Get help for them - and you

**If gambling is impacting you or a loved one, call us. We're here for you 24/7.**

**CALL**
**855-581-8111**

**TEXT**
**855-895-8398**

**CHAT**
**YourLifeIowa.org**

**1-800-BETS OFF**
Iowa HHS

YOUR LIFE IOWA
Iowa HHS

# Prevent gambling problems by talking with your friends and neighbors.

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