

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 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

Models shown are not affiliated with the program.