



IOWA GAMBLING TREATMENT PROGRAM

WHAT WILL YOU LOSE

IF YOU KEEP GAMBLING?



No judging. Just helping.

**IDPH.IOWA.GOV/IGTP
1800BETSOFF.ORG**

1-800-BETS OFF

1800BETSOFF.ORG



SIGNS OF GAMBLING PROBLEMS

Think about everything you have to lose— your car, house, savings and even your family. Developing a gambling problem is no laughing matter. It can take everything away from you. And you won't be able to stop yourself. At least not on your own. So take a look at the problem signs below. If any of these sound like you, call I-800-BETS OFF immediately. We won't judge you. We'll listen. We'll help you get control. And get your life back.

- You've gambled longer than you had planned.
- You've often gambled until your last dollar was gone.
- Thoughts of gambling have caused you to lose sleep.
- You've used your income or savings to gamble while letting bills go unpaid.
- You've made repeated, unsuccessful attempts to stop gambling.
- You've broken the law or considered breaking the law to finance your gambling.
- You've borrowed money to finance your gambling.
- You've felt depressed or suicidal because of your gambling losses.
- You've been remorseful after gambling.
- You've gambled to get money to meet your financial obligations.

HAS YOUR GAMBLING BECOME A PROBLEM?

CHECK THE BOXES THAT APPLY TO YOU.

- During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
- During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

If you checked one or more boxes, please call I-800-BETS OFF or go online to I800BETSOFF.org for more information.

