

2-QUESTION SCREENING TOOL

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gamble?

There's help for those struggling with gambling.

Call 1-(800)333-HOPE
or text HOPE to 61222

For more information:

Visit GetGamblingHelp.com
or NoJudgement.com



No
judgement.
Only
hope.

2-QUESTION SCREENING TOOL

Gambling problems are often found co-occurring with mental health, chemical dependency, family, work, legal and financial problems. Is it a gambling problem? Start the conversation.

The two questions on the reverse side of this card aid in identifying potential problem gambling. No single question adequately predicts a gambling problem; however, answering “yes” to one or both of these questions suggests the need for further assessment.

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