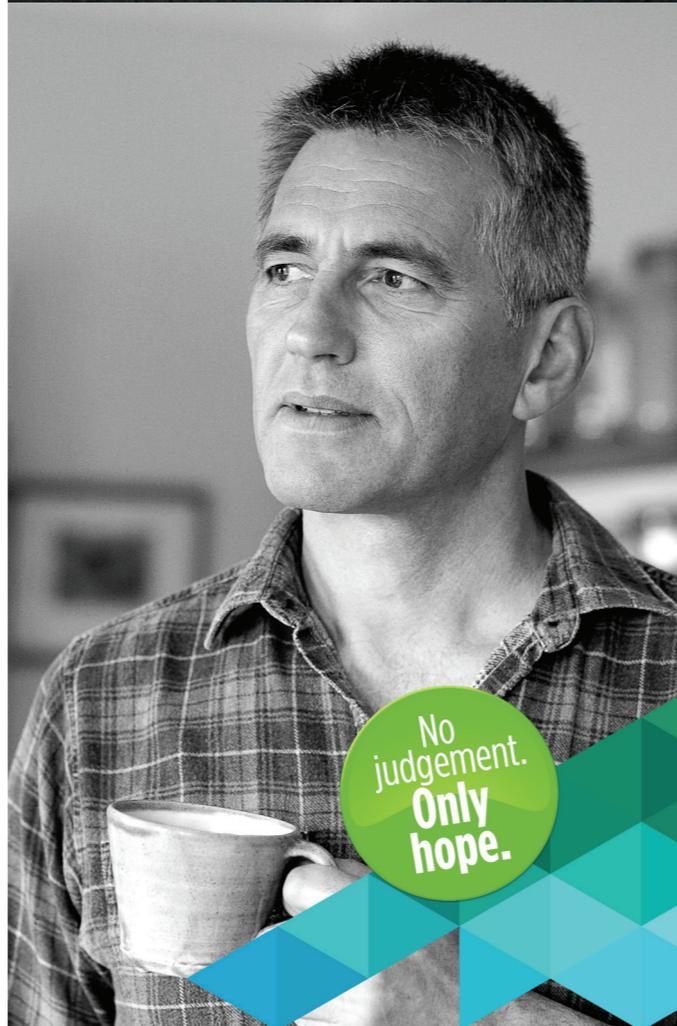


ARE YOU AT RISK

FOR A GAMBLING PROBLEM?



No
judgement.
Only
hope.

For accessible formats of this publication or assistance with additional equal access to human services, write to dhs.problemgamblingprogram@state.mn.us, call 651-431-2460, or use your preferred relay service.

According to the National Council on Problem Gambling, six to eight million Americans meet the criteria for a gambling disorder. Problem gambling can lead to a serious addiction. It's a downward spiral that can quickly become a problem before you know it. A gambling problem may cause psychological, financial, emotional, marital and legal difficulties for individuals, their families and their friends. Pay attention and know your limits. If gambling starts to feel out of hand for you or a friend, know that confidential help is available.

“I've discovered that I'm not a bad person. A gambling disorder is a disease, and many other people suffer from it as well.”

– Dennis

HELP IS AVAILABLE

The Helpline is a free, confidential information and referral resource.

Visit GetGamblingHelp.com
call 1-(800)333-HOPE
or text HOPE to 61222

THE WARNING SIGNS

- Increased frequency of gambling activity
- Increased amount of money gambled
- Spending an excessive amount of time gambling at the expense of job or family time
- Being preoccupied with gambling or with obtaining money with which to gamble
- Gambling continues despite negative consequences such as financial problems, absence from work or family problems
- Using gambling as a means to cope with loneliness, anger, stress or depression
- An urgent need to keep gambling – often with larger bets or the taking of greater risks
- Borrowing money to gamble, taking out secret loans, cashing in or borrowing on life insurance policies, maxing out credit cards
- Bragging about wins, but not talking about losses
- Frequent mood swings – higher when winning, lower when losing
- Gambling for longer periods of time than originally planned
- Secretive behavior such as hiding lottery tickets and betting slips or having bills sent to work or another address

IS IT A GAMBLING PROBLEM?

The only person who can make that decision is you. But the following list of 20 questions may help you to determine whether or not are at-risk for developing a gambling problem. Start the conversation.

Do you have a gambling problem? The only person who can make that decision is you. But the following list of 20 questions may help you determine whether or not you have a problem.

- 1. Did you ever lose time from work due to gambling?
- 2. Has gambling ever made your home life unhappy?
- 3. Did gambling affect your reputation?
- 4. Have you ever felt remorse after gambling?
- 5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
- 6. Did gambling cause a decrease in your ambition or efficiency?
- 7. After losing did you feel you must return as soon as possible and win back your losses?
- 8. After a win, did you have a strong urge to return and win more?
- 9. Did you often gamble until your last dollar was gone?
- 10. Did you ever borrow to finance gambling?
- 11. Have you ever sold anything to finance gambling?
- 12. Were you reluctant to use “gambling money” for normal expenditures?
- 13. Did gambling make you careless of the welfare of yourself and your family?
- 14. Did you ever gamble longer than you had planned?
- 15. Have you ever gambled to escape worry or trouble?
- 16. Have you ever committed, or considered committing, an illegal act to finance gambling?
- 17. Did gambling cause you to have difficulty sleeping?
- 18. Do arguments, disappointments or frustrations create within you an urge to gamble?
- 19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
- 20. Have you ever considered self-destruction as a result of your gambling?

Used with permission from Gam-Anon International Service Office, Whitestone, N.Y.

Most with a gambling problem will answer “yes” to at least seven of these questions. If you did, call the Problem Gambling Helpline at **1-800-333-HOPE**. For help now, visit our website **www.GetGamblingHelp.com**. For more information, visit **www.NoJudgement.com**. You can get help in recovering a life of health and happiness, support and resources are available.



“It takes work. But you can recover. There are options available for help.”

— Anonymous Helpline caller



YOU ARE NOT ALONE. HELP IS AVAILABLE.

Several trusted resources are available for those who might be dealing with a gambling problem. For help now,

**call 1-(800)333-HOPE
or text HOPE to 61222**

for a confidential way to receive information and referral to services. Visit our website at www.getgamblinghelp.com for or www.nojudgement.com for more information.

“I’m full of hope today.”

— Anonymous Helpline caller