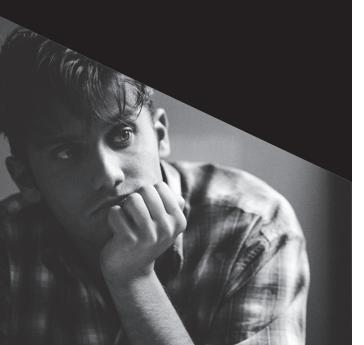
Problem gambling can lead to a serious addiction. It's a downward spiral that can quickly become a problem before you know it.

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.



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.

Friends& Work& College& Gambling& You.

One in ten young people may be struggling with a gambling problem.

Do you know one?

GetGamblingHelp.org

1-800-333-HOPE

or text HOPE to 61222

Whether you are concerned for a friend or yourself, always remember that gambling does not define you. You matter, and there are tools in place to help you reduce the risk of developing a gambling problem. Don't be afraid to reach out before things start to add up.

Pay attention, know your limits

Poker, scratch-offs, pull-tabs, lottery, sports brackets – gambling can add up quickly, both as a habit and in your finances. It can actually even lead to a gambling addiction similar to alcohol or drugs.

If you or your friends do gamble, look out for each other. Here's some warning signs to help:

- Increased or obsessive frequency
 of gambling
- · Continual increases of bets gambled
- Preoccupation with money or quick wins
- Withdrawal from friends, family, work or class
- Requests to borrow money, comments
 about debt
- Chasing losses or holding on to stories of wins
- · Dishonesty of time spent, isolative behavior

The following three-question survey provides insight into whether or not gambling habits have maybe moved from recreational to something more problematic.



In the past year:

- 1. Have you become restless, irritable or anxious when trying to cut down on gambling?
- 2. Have you tried to keep family or friends from knowing how much you gambled?
- 3. Have you had any financial trouble as a result of your gambling that you had to get help with living expenses from family, friends, or welfare?¹

If you, or you feel a friend, would answer yes to any of the above questions, it may be helpful to talk with someone and understand what helpful resources are available to you.

¹Brief Biosocial Gambling Screen (BBGS) (Gebauer, LaBrie, & Shaffer, 2010)

What help is available?

If you see something, don't be afraid to say something. And if you don't know what to say, are concerned about a friend, or have further questions, help is available any time.

Visit GetGamblingHelp.com for information on:

- Starting the conversation
- Further places to find help
- Success stories
- Programs and support available

Follow Problem Gambling Support on Facebook for:

- Updates and information on Minnesota's program
- Positive encouragement and tips
- News and studies on gambling, substance use disorder and mental health

Visit: GetGamblingHelp.com

More Information: nojudgement.com

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