

Anyone Can Have A Gambling Addiction

Through **hope** and **help**, a brighter tomorrow is on the horizon.

When Is It Time To Get Help?

If you answer "yes" to any of the following questions, it is time to get help.

1. Have you ever felt the need to gamble with increasing amounts of money in order to achieve the desired excitement?
2. Have you ever felt restless or irritable when attempting to cut down or stop gambling?
3. Have you made repeated unsuccessful efforts to control, cut down or stop gambling?
4. Are you often preoccupied with gambling (i.e., having persistent thoughts of reliving past gambling experiences, thinking of ways to get money with which to gamble)?
5. Do you often gamble when feeling anxious, distressed or depressed?
6. After losing money gambling, do you often return another day to win it back?
7. Have you ever lied to conceal the extent of your involvement in gambling?
8. Has gambling jeopardized or negatively impacted a significant relationship, job or career opportunity?
9. Have you relied on others to provide money to relieve desperate financial situations caused by gambling?

Source: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition

How to Get Free Help in Missouri

Help is available for problem gamblers and their loved ones.

Call:

1-888-BETSOFF
(1-888-238-7633)

*Confidential and professional
statewide help line available 24 hours
per day, seven days per week*

Email:

freehelp@888betsoff.org

Visit:

888betsoff.org; and
gamblersanonymous.org

Self-exclude:

Lottery – (573) 751-4050
Casino – (573) 526-4080