



There's a simple self-test that can help identify whether you or someone you care about has a problem with gambling.



If you or someone you care about has a problem with gambling, confidential help is just a free phone call away – anytime.

SIGNS AND

If any of these symptoms sound

SYMPTOMS

familiar, you, your family

OF PROBLEM

member or friend may have

GAMBLING

a problem with gambling.

1. You have often gambled longer than you had planned.
2. You have gambled until your last dollar was gone.
3. Thoughts of gambling have caused you to lose sleep.
4. You have used your income or savings to gamble while letting bills go unpaid.
5. You have made repeated, unsuccessful attempts to stop gambling.
6. You have broken the law or considered breaking the law to finance your gambling.
7. You have borrowed money to finance your gambling.
8. You have felt depressed or suicidal because of gambling losses.
9. You have been remorseful after gambling.
10. You have argued about your gambling behavior with people you care about.



For information about help
for a gambling problem
1-800-522-4700



National Council
on Problem Gambling