

1-800-BETS OFF

or online at www.1800BETSOFF.org

IN THE PAST 12 MONTHS...

Have you become **restless, irritable** or **anxious** when trying to stop or cut down on gambling?

Have you tried to **keep your family or friends** from **knowing** how much you gambled?

Had to **get help with living expenses** from family, friends or welfare as a result of your gambling?

Gambling problems are hard to talk about.

People around you just don't understand.
But there is someone who does.

The person at the other end of a call to
1-800-BETS OFF. We won't judge you.
We listen. Then we get you the help you need.



IDPH
Iowa Gambling
Treatment Program