



**When  
You Find  
Yourself  
Betting  
Gambling  
Obsessing  
Avoiding  
Stressing  
Lying...**



**YOU ARE NOT ALONE.  
WE CAN HELP. CALL  
1.800.GAMBLER**



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**ALL CALLS ARE CONFIDENTIAL.  
24 HOURS A DAY, SEVEN DAYS A WEEK.**

# Know the Signs & Symptoms

Know the signs and know that you are not alone. If you need help, it's available 24/7, and it's confidential.

- Have you ever felt restless, on edge or irritable when trying to stop or cut down on gambling?
- Have you tried to ask other people for money to help deal with financial problems caused by gambling?
- Have you tried to hide how much you have gambled from your family or friends?

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If you answered yes to any of these questions, you can get help. Call:

**1.800.GAMBLER**

(1-800-426-2537) OR TEXT **GAMB** TO **833234**

## AreYouReallyWinning.com



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