

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?

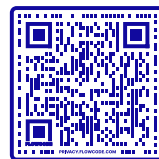
If you answered yes to any of these questions, you can get help.



YOU CAN GET HELP.

When your betting has gotten out of hand, call:
1.800.GAMBLER
(1-800-426-2537) OR
TEXT GAMB TO 833234

AreYouReallyWinning.com

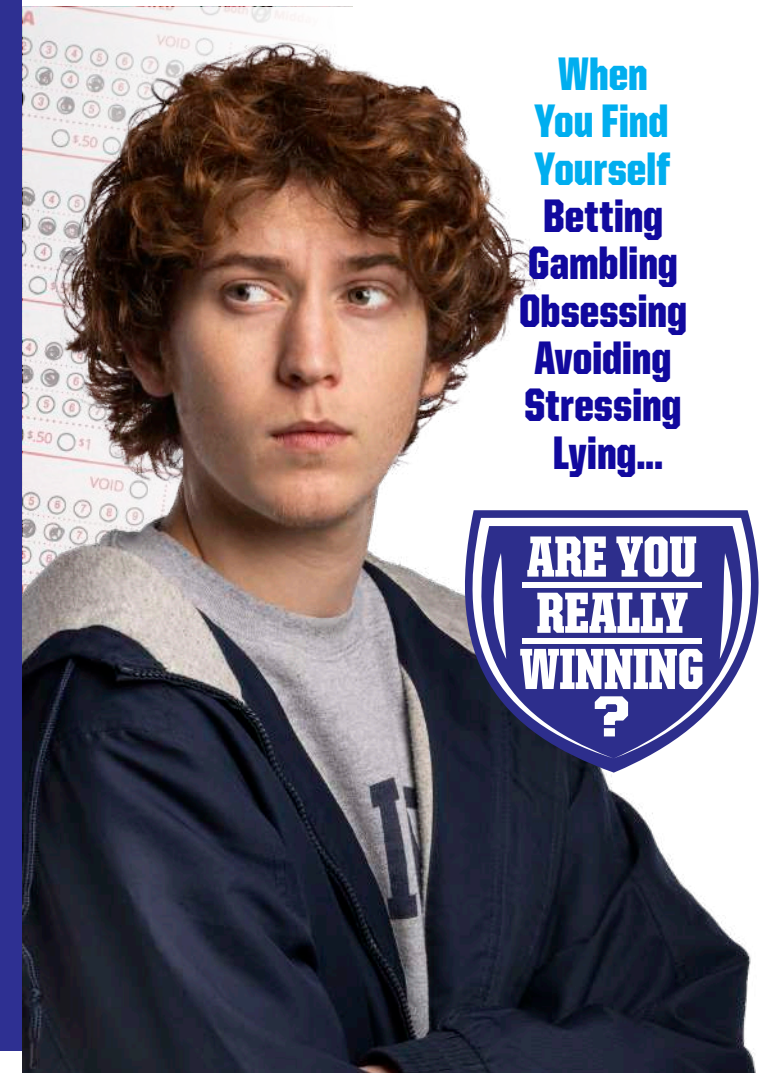


ALL CALLS ARE CONFIDENTIAL.
24 HOURS A DAY, SEVEN DAYS A WEEK.
SPONSORED BY ILLINOIS DEPARTMENT OF HUMAN SERVICES.

SPONSORED BY



ILLINOIS COUNCIL
ON PROBLEM GAMBLING



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



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



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

The Facts

Gambling and sports betting are becoming more popular than ever with an estimated 15% of Americans gambling at least once per week. You probably know someone struggling with a gambling problem.

IN ILLINOIS, NEARLY

400,000

PEOPLE HAVE GAMBLING ISSUES.

Another 700,000
Illinois adults are at risk.

SOURCE: STUDY BY HRIA, 2022



“I had too much fear and shame to tell anyone the truth. Until I got help. If not for recovery, I would be in prison or worse.”

OBSESSING, DEFLECTING & LYING

are common warning signs of gambling issues.



**You are NOT
alone and you
CAN get help.**



“If I won playing, I wouldn’t stop. It just meant I could play more.”

What to Do/ How to Get Help

When you are betting and find yourself constantly thinking about gambling... and you are losing more money than you have... are you really winning?

If you are staying too long at the craps table or find yourself chasing that next win... and you find yourself feeling overwhelmed, maybe lying, hiding your habit... and probably losing more money than you can afford to lose, then you may have a gambling issue.

You are not alone and you can get help.

Call the Illinois Problem Gambling Helpline at 1.800.GAMBLER (1-800-426-2537).

Help from a trained specialist is available 24 hours a day, seven days a week, and it’s confidential. The helpline also offers referrals for a professional counselor in your area who can assist you in determining the next step.