



# IS BETTING NO LONGER FUN?

## IT MIGHT BE TIME TO CALL THE PROBLEM GAMBLING HELPLINE

If gambling and betting is starting to no longer be fun, consider calling the Problem Gambling Helpline at 1-800-589-9966:

- Free consultation with no commitments
- Trained non-judgmental specialists
- Confidential support 24/7

## A CAUSE FOR CONCERN

Did you know an estimated 1 out of 5 individuals struggling with gambling addiction contemplated suicide? Gambling addiction has a higher suicide rate than any other known addictive disorder. Make the call today and take the first step to a brighter future.

## SIGNS OF PROBLEM GAMBLING

- Spending a lot of time gambling
- Borrowing money for gambling
- Hiding bills and unpaid debts
- Restless or irritable when not gambling

## HOW DO YOU KNOW IF SOMEONE IS AT RISK?

If you or someone you care about is at risk of problem gambling or betting, visit [PauseBeforeYouPlay.org](http://PauseBeforeYouPlay.org).

- **Rate your risk** to see if you could have a problem
- **Find free resources** for responsible gambling
- **Get help** for free near you

## EFFECTS OF PROBLEM GAMBLING

Struggling with problem gambling and betting has more impact on people than just losing money. Problem gambling could lead to:

- Loss of sleep
- Anxiety
- Depression
- Suicidal thoughts

## PAUSE BEFORE YOU PLAY TO:

- **SET LIMITS**
- **RECOGNIZE THE RISKS**
- **KNOW WHEN IT'S TIME TO STOP**

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 [PauseBeforeYouPlay.org](http://PauseBeforeYouPlay.org)

# MAKE THE **CALL**