



# MAKE THE CALL TODAY FOR A LOVED ONE WITH PROBLEM GAMBLING

## WHAT IS PROBLEM GAMBLING AND BETTING?

Gambling disorder is considered a diagnosable and treatable disorder. While problem gambling has its own set of criteria for diagnosis and treatment, many do not seek help for this potentially life-threatening condition. If someone you know is struggling with gambling or betting, you're not alone and help is always available. Make the call at 1-800-589-9966.

## ALARMING TO NOTE

Approximately 1 in 5 individuals who struggle with problem gambling contemplate suicide, the highest rate amongst all known addictive disorders. Make the call today.

## CALL THE HELPLINE

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

## RECOGNIZE THE WARNING SIGNS

The signs of a person struggling with gambling and betting are not always easy to see. A few signs to look for include:

- Spending a lot of time gambling
- Gambling more often or with more money
- Withdrawing from relationships
- Hiding gambling and betting behavior from friends and family
- Borrowing money for gambling

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

If you or someone you care about is at risk of problem gambling, 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

## PAUSE BEFORE YOU PLAY TO:

- 1. SET LIMITS
- 2. RECOGNIZE THE RISKS
- 3. KNOW WHEN IT'S TIME TO STOP

# GAMBLING PROBLEM? 1-800-589-9966

[PauseBeforeYouPlay.org](http://PauseBeforeYouPlay.org)  
ohio for responsible gambling

# MAKE THE CALL