



# GAMBLING PROBLEM?

WE ALL HAVE THE POWER TO CHANGE.

MAKE THE **CALL**

**GAMBLING PROBLEM?**  
**1-800-589-9966**

If you struggle with gambling and betting, you're not alone. Talk to trained specialists by calling the Problem Gambling Helpline. It's free, confidential, and available 24/7.



**PauseBeforeYouPlay.org**