



# The Fact Is...

## Signs of a Problem Gambler

Is someone you know...

- ✓ Preoccupied with gambling? Preoccupation can include reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble.
- ✓ Secretive about his/her gambling habits, and defensive when confronted?
- ✓ Increasing amounts of wagers when gambling in order to achieve a desired excitement (high)?
- ✓ Trying unsuccessfully to control, cut back, or stop gambling?
- ✓ Restless, or irritable, when not gambling?
- ✓ Gambling to escape problems?
- ✓ "Chasing" losses with more gambling?
- ✓ Lying to family and others about the extent of gambling?
- ✓ Committing crimes to finance gambling?
- ✓ Jeopardizing, or losing, relationships, jobs, education or career opportunities because of gambling?
- ✓ Relying on others to bail him, or her, out to relieve a desperate financial situation caused by gambling?

If any of these statements apply to anyone you know, that person may have a problem with gambling.

HELP IS FREE, CONFIDENTIAL, AND IT WORKS

Call 1-877-MYLIMIT (1-877-695-4648)

Or visit: [1877mylimit.org](http://1877mylimit.org)



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