They look just like you and me. They come from all walks of life. With problem gambling, everybody loses. It robs families of money, monopolizes a person’s time and attention, hurts relationships with family, friends and co-workers, and leaves people feeling hopeless and lost. It’s a problem that can affect people of any social status or age—even kids.

Check other side for signs that someone you love may have a problem with excessive gambling.

Get help: Dial 2-1-1 (Maine only)
Know the Signs of Problem Gambling
If you or someone you know can answer YES to one or more of the following questions, consider calling 2-1-1 for help.

- You have often gambled longer than you had planned.
- You have gambled until your money was gone.
- Thoughts of gambling have caused you to lose sleep.
- You have used your income or savings to gamble while letting bills go unpaid.
- You have made repeated, unsuccessful attempts to stop gambling.
- You have broken the law or considered breaking the law to finance your gambling.
- You have borrowed money to finance your gambling.
- You have felt depressed or suicidal because of your gambling losses.
- You have been remorseful after gambling.
- You have argued about your gambling behavior with people you care about.

The Games Gamblers Play
People can develop problems trying their luck all kinds of ways: casino games, sports betting, card games, lotteries, bingo, horse racing, rip-opens, slot machines, the stock market, real estate speculation – and just about anything else.

Has gambling become a problem in your life? There are resources available to help you regain control.

24-Hour Confidential Helpline Dial 2-1-1 (Maine only)
Gamblers Anonymous: www.gamblersanonymous.org
Maine Office of Substance Abuse: www.maineosa.org
2-1-1 Maine: www.211maine.com

Information compliments of the Office of Substance Abuse, the Maine State Lottery and the Gambling Control Board.