

# They don't look like problem gamblers.



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)**

National Council on Problem Gambling, Inc. [www.ncpgambling.org](http://www.ncpgambling.org)

Gamblers Anonymous: [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

Maine Office of Substance Abuse: [www.maineosa.org](http://www.maineosa.org)

2-1-1 Maine: [www.211maine.com](http://www.211maine.com)

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