

## There is help.

The first struggle to overcoming a compulsive gambling disorder is admitting there is a problem and recognizing that it won't go away without help. If you feel you or someone you know has a problem with gambling, call **1-888-BETSOFF**.

Your toll-free call to 1-888-BETSOFF can put you in touch with people who understand your situation and can refer you to treatment facilities in your area.

## What is Compulsive Gambling?

Compulsive gambling is a behavior disorder in which an individual has a psychological preoccupation with gambling that becomes uncontrollable. This results in excessive gambling habits that lead to loss of time and money. The gambling habits reach the point at which they disrupt or destroy the gambler's personal life and family relationships.

The key signs of compulsive gambling are emotional dependence on gambling, loss of control and interference with normal functioning.

## Do you have a problem?

Exhibiting five or more of the following compulsive gambling symptoms may indicate a gambling problem.

Please call **1-888-BETSOFF** for help.

## Danger signals of problem gambling:

- Frequently think about past gambling experiences, future plans or how to get money for gambling.
- Need to increase spending to reach a high level of excitement.
- Have failed at stopping or controlling gambling.
- Become restless or irritable when trying to cut back or stop gambling.
- Gamble to escape problems and to feel better.
- Frequently return to "get even" after experiencing losses.
- Lie to cover up gambling activity.
- Have committed or planned illegal acts to finance gambling.
- Have problems with job, school or relationships.
- Rely on others for financial help.

PLAY RESPONSIBLY

1-888-BETSOFF

Missouri Department of Mental Health  
•Division of Alcohol and Drug Abuse  
Missouri Gaming Commission  
Missouri Lottery  
Missouri Riverboat Gaming Association

Know  
the  
one number  
that's  
always  
on  
your side.

1-888-BETSOFF

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you know has a gambling problem.