



DON'T GAMBLE WITH
YOUR WELL-BEING.
PLAY RESPONSIBLY.

If you, a family member, or a friend has a problem with gambling, call the Problem Gambling Helpline today.

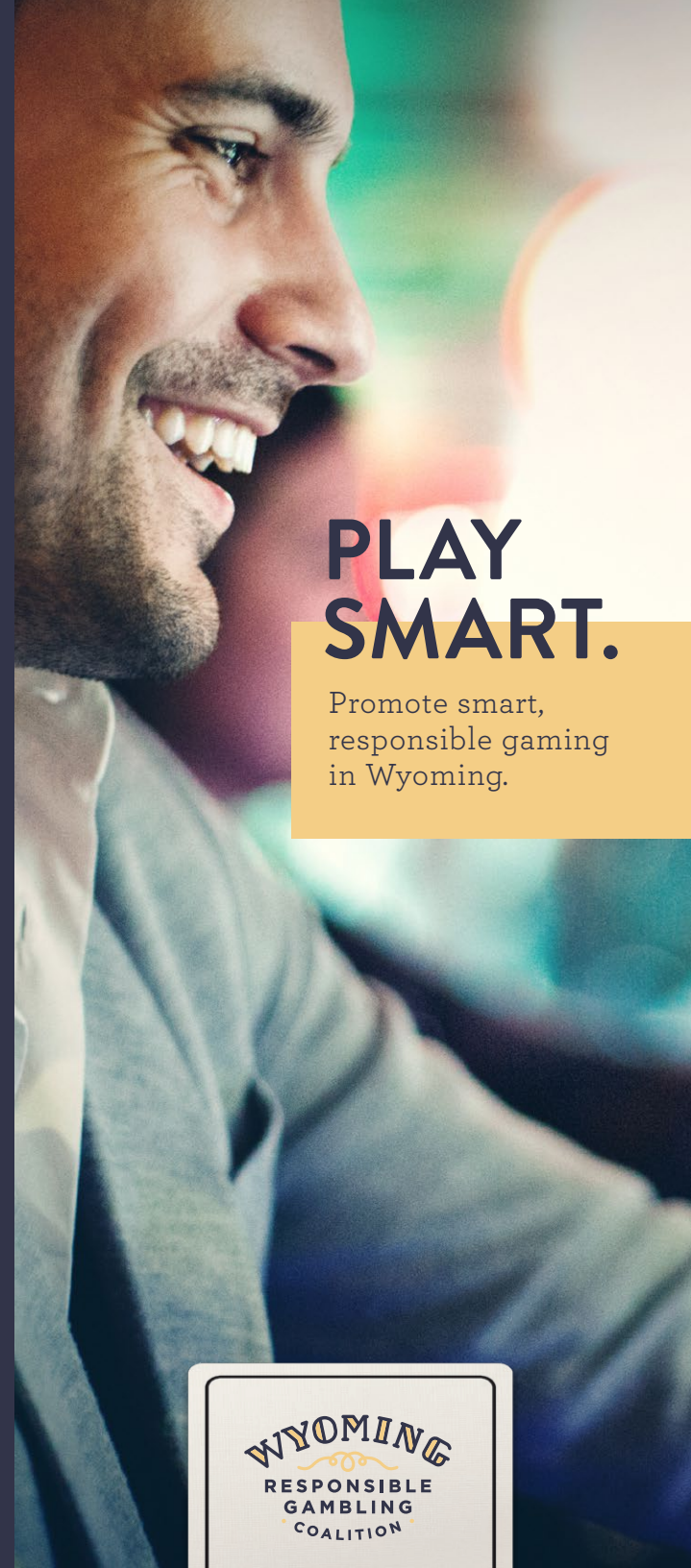
1-800-522-4700



PROBLEM GAMBLING HELPLINE
1-800-522-4700

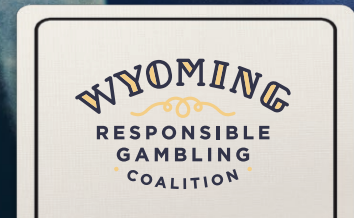
Wyoming Responsible Gambling Coalition—
a partnership funded by the Wyoming Lottery.

*Gambling is a form of entertainment. Play responsibly.
Must be 18 or older to play.*



**PLAY
SMART.**

Promote smart,
responsible gaming
in Wyoming.





WHEN GAMBLING BECOMES A PROBLEM

For most people, playing games of chance is simply a fun, inexpensive, and innocent form of entertainment. But sometimes, playing becomes compulsive.

Just as some people can become addicted to alcohol or drugs, it's possible to develop an uncontrollable urge to gamble. The condition is called Gambling Disorder—an addiction that can remain hidden until the consequences of repeated gambling begin harming the person's financial and emotional security and his or her relationships with family and friends.

As the stress induced by compulsive gambling increases, the individual may seek relief by gambling more—resulting in a downward spiral that if left untreated can seriously harm their well-being and that of their family and friends.

WARNING SIGNS

Problem gambling isn't always easy to detect because a person with a gambling problem may go to great lengths to hide it. However, there are several warning signs that may indicate that a gambling problem. These include:

- **Losing time from work or family due to gambling**
- **Repeated failed attempts to stop or control gambling**
- **Borrowing money to gamble or pay gambling debts**
- **Gambling to escape worry or trouble**
- **Not taking care of themselves or their family to gamble**
- **Lying about the amount of money spent on gambling**
- **Gambling more in an attempt to win back losses**
- **Selling or pawning personal possessions to get money to gamble**
- **Feeling hopeless, depressed, or suicidal as a result of gambling**

AN EQUAL OPPORTUNITY PROBLEM

Problem gambling can affect men and women of any age regardless of their financial or social status, religious beliefs, or previous gambling history. Although it isn't possible to predict who will develop a gambling problem, once the problem is identified, it can usually be successfully treated.

HELP IS AVAILABLE

You don't have to experience the fear, frustration and guilt of dealing with problem gambling alone. If you or someone you know is suffering from a gambling problem, contact the national **PROBLEM GAMBLING HELPLINE**. The helpline is available 24 hours a day, 7 days a week to answer your questions, to provide emotional support, and to offer confidential assistance.

Caring and knowledgeable counselors will give you information on treatment options and support groups in your area.

Help is just a phone call away.

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