

Is Gambling Taking Over?

If you or someone you know answers **'yes'** to questions like "Have you ever LIED to someone close to you about your gambling?" or "Have you ever felt the need to bet more and more money when you gamble?", **it's a strong sign to reach out for help.**

Call/Text: 800-GAMBLER.

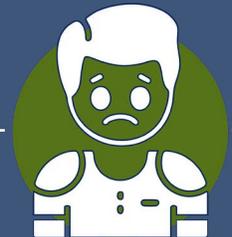
WARNING SIGNS



Preoccupation



Ignoring Limits



Guilt or Shame



Increasing Bets



Chasing Losses



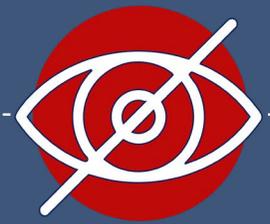
Mood Swings



Gambling to Cope



Relationship Strain



Hiding Gambling



Financial Strain



Neglecting Duties



Failed Attempts

Organizations like IC360 are here to support you.

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