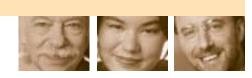
Minnesota Department of **Human Services** 444 Lafayette Road N. St. Paul, MN 55155-3828

Are you a problem gambler?







According to a recent survey, one in three Minnesotans said they knew

someone with a gambling problem. And yet, 41 percent of us believe that it can be controlled by willpower alone. A gambling problem is a serious disorder that causes psychological, financial, emotional, marital and legal difficulties for problem gamblers, their families and their friends. But there is help. And there is hope.

Source: Consumer Research Study, Minnesota Department of Human Services

"I've discovered that I'm not a

bad person. Problem gambling

is a disease, and many other

people suffer from it as well."

1-800-333-HOPE

www.nojudgment.com



The warning signs

- Increased frequency of gambling activity.
- Increased amount of money gambled.
- Spending an excessive amount of time gambling at the expense of job or family time.
- Being preoccupied with gambling or with obtaining money with which to gamble.
- Gambling continues despite negative consequences such as financial problems, absence from work or family problems.
- Using gambling as a means to cope with loneliness, anger, stress or depression.
- An urgent need to keep gambling often with larger bets or the taking of greater risks.
- Borrowing money to gamble, taking out secret loans, cashing in or borrowing on life insurance policies, maximizing credit cards.
- Bragging about wins, but not talking about losses.
- Frequent mood swings higher when winning, lower when losing.
- Gambling for longer periods of time than originally planned.
- Secretive behavior such as hiding lottery tickets and betting slips or having bills sent to work or another address.

"It takes work. But you can recover."

Are you a problem gambler? The only person who can make that decision is you. But the following list of 20 questions may help you to determine whether or not you have a problem.

□ 12. Were you reluctant to use "gambling money" for normal expenditures?

□ 13. Did gambling make you careless of the

□ 14. Did you ever gamble longer than you

□ 15. Have you ever gambled to escape worry

□ 16. Have you ever committed, or considered

□ 17. Did gambling cause you to have

□ 18. Do arguments, disappointments or

□ 19. Did you ever have an urge to celebrate

any good fortune by a few hours of

□ 20. Have you ever considered self-destruction

as a result of your gambling?

difficulty sleeping?

committing, an illegal act to finance

frustrations create within you an urge

had planned?

or trouble?

gambling?

to gamble?

gambling?

welfare of yourself and your family?

- 1. Did you ever lose time from work due to gambling?
- □ 2. Has gambling ever made your home life unhappy?
- □ 3. Did gambling affect your reputation?
- □ 4. Have you ever felt remorse after gambling?
- 5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
- 6. Did gambling cause a decrease in your ambition or efficiency?
- □ 7. After losing did you feel you must return as soon as possible and win back your losses?
- 8. After a win did you have a strong urge to return and win more?
- 9. Did you often gamble until your last dollar was gone?
- □ 10. Did you ever borrow to finance gambling?
- □ 11. Have you ever sold anything to finance gambling?

Used with permission from Gam-Anon International Service Office, Whitestone, N.Y.

Most problem gamblers will answer "yes" to at least seven of these questions. If you did, call the Problem Gambling Helpline at **1-800-333-HOPE** or visit our Web site at www.nojudgment.com. You can get help in recovering a life of health and happiness. Resources are available so everyone can afford treatment.

YOU ARE NOT ALONE. HELP IS AVAILABLE.

Call 1-800-333-HOPE or visit the Web site at www.nojudgment.com.

The Problem Gambling Helpline is a statewide, toll-free, confidential way to receive information and/or referral to services.

"I'm full of hope today."

This information is available in other forms to people with disabilities by contacting us at 651-296-4497 (voice). TDD users can call the Minnesota Relay at 711 or 1-800-627-3529. For the Speech-to-Speech Relay, call 1-877-627-3848.

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