

# Could the problem be gambling?

☐ Have you ever felt the need to bet more and more money?

☐ Have you ever had to lie to people important to you about how much you gamble?

An answer of "yes" to either or both of these questions may indicate a problem with gambling.

**For help with a gambling problem:**

**Indiana residents call**

**(800) 994-8448**

**Residents of other states call**

**(800) 522-4700**



**Indiana Council on  
Problem Gambling, Inc.**

**Toll Free Number: (866) 699-4274**  
**[www.indianaproblemgambling.org](http://www.indianaproblemgambling.org)**

# Problem Gambling WARNING SIGNS

- **Spends a lot of time gambling-**  
may miss work, school, family obligations, or other important events
- **Hides gambling losses-**  
frequently talks about wins but keeps losses and information about family finances to themselves
- **Gambles to escape-**  
uses gambling to escape from pressures at home or work; also a person may gamble out of loneliness or grief
- **Suffers severe mood swings-**  
a person's state of mind depends on whether or not he or she wins or loses; when not gambling, the person may become anxious or angry
- **Bets increase in size-**  
bets higher amounts in the hope of breaking even or winning back losses
- **Tries to stop gambling, but can't-**  
a compulsive gambler may try to stop gambling, but in most cases is unable to quit without help