LEAVE YOUR
GAMBLING PROBLEM
IN THE DUST.

No Judgment. Only Hope. Call Now: 800-333-HOPE.

10 Signs of Problem Gambling

1) Increased frequency of gambling
2) Increasing amounts gambled
3) Preoccupation with gambling and money
4) Debts accrued from gambling
5) Neglecting work, friends and family
6) Borrowing money or maxing out credit cards
7) Chasing losses with more gambling
8) Isolation, withdrawal, secretive behavior
9) Anxiety over gambling losses
10) Dishonesty or lying

Minnesota Department of **Human Services**