

# SIGNS OF PROBLEM GAMBLING

Are any of these true for you or someone you love?  
If so, it's a good time to have a conversation  
about your gambling.

- Thinking a lot about gambling and when you can do it again.
- Making larger or more frequent bets to experience the same excited feelings.
- Becoming restless or irritable when attempting to reduce or stop gambling.
- Gambling to escape problems or feelings (i.e., depression, loneliness, etc.).
- Trying to win back gambling losses with more gambling.
- Lying about the frequency of gambling or amounts won or lost.
- Repeated unsuccessful attempts to control, reduce or stop gambling.
- Relying on others to help us out of a bad financial situation caused by gambling.
- Continuing to gamble even when a relationship, job or other opportunity is at risk or lost.
- Breaking the law to obtain money for gambling.

**Interested in speaking to a counselor or seeking more resources?**

Visit [www.mnapg.org/help](http://www.mnapg.org/help). Treatment is available at no cost for gamblers or their families.



**Call the Minnesota Gambling  
Helpline 1-800-333-HOPE (4673)**

# BASIC TIPS FOR SAFER GAMBLING

Gambling, while enjoyed by many for entertainment, can become a harmful addiction for some that impacts the gambler and their family.



In Minnesota, **220,000** adults and **10,000** children are considered to have gambling problems.

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- If you choose to gamble, know the risks and minimize the harm to yourself.
- Set a budget and keep to it.
- Leave credit cards/ATM cards at home. Bring only the cash you can afford to lose.
- Understand the odds of winning for each game you play. Remember, gambling is a business.
- The gambling establishment designs games so that they make money. Some gamblers will win, but many more lose.
- Before you play, set aside money to pay your rent, food, utilities and other expenses.
- An offer for a free dinner or hotel room makes us feel special. It's the house's way to keep you playing. If you are receiving these offers and you're falling behind on paying your bills, it's time to take a break and find another form of entertainment.
- Gambling results are completely random. There are no set patterns.

## Gambling too much online?

MNAPG offers a free one-year subscription to Gamban, an online app that blocks thousands of gambling/gaming sites. Contact [sstucker@mnapg.org](mailto:ssticker@mnapg.org) for link.