

ready to
quit gambling?

1-800-GAMBLER

WV'S PROBLEM GAMBLING HELP NETWORK

Signs of problem gambling

- You've tried unsuccessfully to cut back or quit
- After losing money, you return as soon as possible to get even
- You lie to family members or friends about your gambling
- You need to bet more and more money each time you gamble
- Gambling helps you escape your problems
- Others have provided you with a bailout
- You think about gambling often
- Gambling has jeopardized relationships and/or opportunities
- You feel restless or irritable when you quit