WE CAN HELP

The Washington State Council on Problem Gambling is a non-profit corporation dedicated to public awareness, early identification and treatment of problem gambling. We don't pass judgment--not on gambling and not on gamblers. What we do provide is help and information, including:

- up-to-date information on problem gambling to individuals, families and the public
- referrals to treatment providers
- contacts to Gamblers Anonymous and GamAnon chapters
- seminars to train health care and legal professionals

Washington State Council on Problem Gambling, Inc.
P.O. Box 55272
Seattle, WA 98155-0272

In Seattle and out-of-state:
(206) 546-6133
Toll-free in Washington:
1-800-547-6133

This educational brochure was produced by the Washington State Lottery, in cooperation with the Washington State Gambling Commission and the Washington State Horse Racing Commission.

GAMBLING CAN BE A PROBLEM

IF YOU OR SOMEONE YOU KNOW HAS A GAMBLING PROBLEM, HELP IS AVAILABLE.

CALL
1-800-547-6133

Washington State Council on Problem Gambling

YOU MAY BE LOSING MORE THAN MONEY WHEN YOU GAMBLE

IF YOU ANSWER "YES" TO ANY OF THESE QUESTIONS, THIS BROCHURE IS FOR YOU.

- Have you ever promised yourself that you'll quit gambling after your next bet?...what about after that one big win?
- Have you ever missed birthdays, family get-togethers or other social events so you could gamble?
- Do you think of gambling winnings as more money to place on other bets?
- Do you anxiously await your paycheck so you can return to gambling?
- Do you think about gambling when you're at work or with your family?
- Have you borrowed from relatives, mortgaged your home or sold off valuables just to gamble?
- Have you ever taken the money your family set aside for food, bills or emergencies to place a bet?
- Have you ever felt that there is no way out of your gambling habit?

Gambling can be a game, but not when your life is riding on every bet. When your gambling is out of control, the game isn't about fun and winning. It's about having enough money to keep playing. That's when it's time to find the strength within yourself to say it's time to talk to someone.

You're not alone. A recent study showed that up to 1 in 35 people in Washington state have a gambling problem. Their problems could lead to serious consequences. Some problem gamblers give up hope, thinking there is no way out from their gambling habits. Some lose everything and declare bankruptcy. Some lose their jobs and their families. And, in extreme cases, they may even be reduced to stealing or considering taking their own lives, just to have their problems end.

This doesn't have to happen to you. You can break free of your gambling problem. You can talk to people who have been there, have seen what gambling can do and know what it takes to get back in control.

You need to take the first step. No one can help you until you recognize that you want to change. If you think you might need help, call the Washington State Council on Problem Gambling. The call is confidential. No one will know you called, but you'll feel better knowing you did.

CALL 1-800-547-6133