

MARCH IS PROBLEM GAMBLING AWARENESS MONTH

DON'T LET PROBLEM GAMBLING BLOCK YOUR SHOT



Currently there are as many as 6-9 million people in the U.S. suffering with a gambling disorder, and hundreds of thousands either directly or indirectly affected right here in Florida. They are not strangers; they are our neighbors, our friends, and our families.

If gambling is no longer a game, help and hope are available through Florida's 24/7 Confidential, Multilingual, Problem Gambling HelpLine.

HERE ARE SOME SIGNS TO LOOK FOR

- Needing to bet more and more money
- Becoming restless or irritable when trying to quit
- Repeated unsuccessful attempts to cut back or stop
- Preoccupation with gambling
- Gambling when distressed
- Chasing losses trying to win back money lost
- Lying to loved ones about gambling
- Jeopardizing significant relationships (family, job, etc.)
- Financial bailouts for issues caused by gambling

REBOUND WITH FLORIDA'S PROBLEM GAMBLING HELPLINE

888-ADMIT-IT

Text to (321) 978-0555 | Live Chat @ [GamblingHelp.org](https://www.GamblingHelp.org)



FLORIDA COUNCIL ON
COMPULSIVE GAMBLING

