

Warning Signs of Problem Gambling

Do you or someone you know have any of these signs?

- Spending more and more time gambling
- Increase in gambling time and places
- Increase bet sizes
- Working up special occasions for gambling (canceling other plans)
- Intensity of interest in gambling (constant high tension/excitement)
- Gambling to escape problems or when there is a crisis
- “Chasing” losses with more gambling
- Boasting about winning and evasive about losing
- Exaggerated display of money and possessions
- Drop off in other activities and interests
- Frequent absences from school, work and home
- Withdrawal from family and friends
- Diversion of funds earmarked for other purposes

If you are worried that you or someone you know may have problems related to gambling, call the Oregon Gambling Helpline at 1-877-MYLIMIT or visit OPGR.org for further assistance.

Call 1-877-MYLIMIT or go to OPGR.org



HELP, HOPE, CONNECT