

For more information

**Washington State Department of Social
and Health Services – Division of
Behavioral Health and Recovery**

Problem Gambling Program

360-725-3713

<https://www.dshs.wa.gov/problemgambling>

Evergreen Council on Problem Gambling

360-352-6133

www.evergreencpg.org

National Council on Problem Gambling

www.ncpgambling.org

Gamblers Anonymous

www.gamblersanonymous.org

Gam Anon

www.gam-anon.org

Problem Gambling Affects Everyone



**“I didn’t think
I could get addicted
to gambling –
I thought
I would recognize
the signs”**

– a 38-year old Helpline caller



Washington State
Department of Social
& Health Services

Transforming lives

Behavioral Health Administration

DSHS 22-1146 (Rev. 8/17)

**WASHINGTON STATE
PROBLEM GAMBLING HELPLINE
1-800-547-6133**

Questions to ask yourself to see if you might need help:

- Am I spending more time and more money on gambling?
- Am I spending a lot of time thinking about gambling?
- Have I tried to cut back or stop, but can't?
- Am I irritable or restless when I can't gamble?
- Does gambling help me escape the troubles of life and make me feel better?
- Have I gone back another day to win back my losses?
- Have I lied to people I care about to hide my gambling?
- Have I taken money that wasn't mine, written bad checks because of my gambling, or broken other laws?
- Have I neglected my family or job because of gambling?
- Have I borrowed money from others to pay bills?

Help is available.

If you answered "yes" to any of these questions, you can find the treatment program near you by calling:

1-800-547-6133

**The call is free. It's confidential.
The time is now.**

When gambling causes problems with your health, your relationships, your job and your life...

It's time to make a call.

More than 75,000 Washington State residents have a gambling problem. For each gambler, several other lives are affected.

Problem gambling does not discriminate – it can happen to anyone.

For help. For answers. For you or someone you know, call us.

**WASHINGTON STATE
PROBLEM GAMBLING HELPLINE**

1-800-547-6133

**Calling this number
could be your best bet ever.**



"My husband has gambled away all of our retirement savings"

– a Helpline caller