

# Has Gambling Become a Problem?

Does it get in the way of work, school or other activities, harm your mental or physical health, hurt you financially, damage your reputation, or cause problems with your family or friends?

## Answer 3 Questions

Gambling may be a problem if you answer "Yes" to any of these 3 questions.

During the past 12 months:

- Have you become restless, irritable, or anxious when trying to stop/cut down on gambling?
- Have you tried to keep your family or friends from knowing how much you gambled?
- Did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

## Contact the Helpline

Dial 211 or

Text your zip code to 898-211

**211 is Maine's Problem Gambling Helpline.** Specialists are available 24/7 with info, resources, and a list of counselors with problem gambling training. You may be eligible for no-cost treatment through **Maine's Gambling Addiction Treatment Fund.**

Having thoughts of suicide?

Call Maine's Crisis Hotline:

1-888-568-1112

## Find Resources

Find in-person and virtual Peer Support Groups, and Self-Help Resources such as podcasts and workbooks on the **Get Help** page at **[maineproblemgambling.org](http://maineproblemgambling.org)**

