

# Has Gambling Become a Problem?

Does it get in the way of work, school, or other activities, or harm your health, finances, reputation, or relationships?"

## Answer 3 Questions

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

During the past 12 months have you:

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

## Contact Maine's Problem Gambling Helpline

**Dial 211 or  
Text your zip code to 898-211**

Specialists are available 24/7 with information, resources, and a list of counselors with problem gambling training. You may be eligible for no-cost counseling.

Having thoughts of suicide?  
Call Maine's Crisis Hotline: 988

## Find Resources

Find in-person and virtual support groups, and self-help resources such as videos, podcasts, and workbooks at [maineproblemgambling.org](http://maineproblemgambling.org)

