Can't Stop Gambling?

Worried about a friend or loved one?

There is help in Pennsylvania.



1-800-GAMBLER® www.pacouncil.com

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Problems with gambling occur when someone is unable to control their level of participation, and as a result, several areas of their lives may be negatively impacted.

It is estimated that this chronic, progressive problem impacts the lives of several million people in the United States.

Some warning signs include:

- Gambling more than planned
- Trouble paying bills/debts
- Lying about where money goes
- Borrowing to continue gambling
- Chasing losses
- Problems at home, work or school

Gambling problems can impact anyone. With help, recovery is possible.

For more information or assistance, contact the 24/7 toll-free Pennsylvania Helpline at 1-800-GAMBLER®.

All calls are confidential.



The Council on Compulsive Gambling of Pennsylvania is a nonprofit organization whose focus is to raise awareness and disseminate information through educational workshops on disordered gambling, and to facilitate referrals for assistance through the use of helpline services.