

KNOW THE SIGNS OF A GAMBLING PROBLEM



PROBLEM GAMBLING
AWARENESS MONTH
→ CARING COMMUNITIES,
STRONGER FUTURES



#PGAM2026

- Thinking about gambling all the time.
- Feeling the need to bet more money and more often.
- Feeling restless or irritable when trying to cut down or stop gambling.
- Gambling despite negative consequences.

For Help with a Gambling Problem Contact the National Problem Gambling Helpline™

📞 Call: 1-800-MY-RESET

📱 Text: 800GAM

💬 CHAT: [NCPGambling.org/chat](https://www.ncpgambling.org/chat)