

KNOW THE SIGNS OF A GAMBLING PROBLEM

#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.



**PROBLEM GAMBLING
AWARENESS MONTH**
→ CARING COMMUNITIES,
STRONGER FUTURES

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)