Problem gambling is any type of gambling behavior that disrupts your life in negative ways.

###Warning Signs of Problem Gambling
- Borrowing money you can’t pay back
- Chasing after losses
- Lying about how much you’re spending
- Betting at higher and higher stakes

###Tips
- Set a budget. Don’t gamble with money you don’t have.
- Keep it social and just for fun.
- Don’t let gambling interfere with your relationships.
- Stay informed. Know what your limits are.

###Resources
- 1-800-GAMBLER
- We Know the Feeling https://weknowthefeeling.org/
- Nicasa Behavioral Health Services https://nicasa.org/
- Treatment Alternatives for Safe Communities (TASC) https://www.tasc.org/tascweb/home.aspx
- Gambler Anonymous 855-222-5542
- Gam-Anon https://www.gam-anon.org/