

Signs of a gambling problem?

Gambling Support BC



During the last 12 months, have you noticed any of the following signs?

1. Have you ever had to lie to your family or friends about how much you gambled?
2. Have you ever felt the need to bet more and more money?
3. Have you ever become restless, irritable or anxious when trying to stop/ cut down on gambling?
4. Have you ever had to get help from family or friends with living expenses as a result of your gambling?

Answering “yes” to one or more of these means you may have a gambling problem.

Call **1-888-795-6111** anytime **24/7** if you would like to get free support to stop or reduce gambling. Or you can book a time for someone to call you at a convenient time – fill out the online form at [MyOutcomesApp.com](https://www.myoutcomesapp.com)

