

Q&A

IOWA GAMBLING TREATMENT PROGRAM
QUESTION AND ANSWER GUIDE





1 WHAT'S THE DIFFERENCE BETWEEN A PERSON WHO GAMBLES RECREATIONALLY AND SOMEONE WHO HAS A GAMBLING PROBLEM?

Recreational gamblers gamble for fun and as a form of entertainment. Those affected by problem gambling can't stop gambling – even when they lose all their money, lose their jobs, their families and often the lives they once led. Unlike recreational gambling, problem gambling can lead to addiction – like alcoholism or drug addiction.

2 WHAT TYPES OF GAMBLING MAY PRESENT PROBLEMS FOR CERTAIN PEOPLE?

Casino games, horse racing, cards, sports betting, Internet gambling, dog racing, bingo, lottery games and stocks and commodities all hold the potential to cause severe problems.

3 WHAT KIND OF PERSON TYPICALLY IS AFFECTED BY PROBLEM GAMBLING?

Problem gambling can affect almost anyone. It has an impact on people of every race, sex, age, religion and socio-economic group in the city or country.



WHAT ARE SOME WARNING SIGNS THAT INDICATE SOMEONE MIGHT HAVE A GAMBLING PROBLEM?

- **THINKS CONTINUALLY OF GAMBLING**
- **RELIES ON OTHERS TO GET OUT OF DEBT**
- **IS ABSENT OR LATE FOR WORK OR SCHOOL**
- **HAS UNEXPLAINED MONEY OR NEW POSSESSIONS**
- **IS IMPATIENT WITH OR IGNORES FRIENDS AND FAMILY**
- **DELAYS PAYMENT OF HOUSEHOLD BILLS**
- **USES CREDIT CARDS FOR CASH ADVANCES**
- **SELLS POSSESSIONS**
- **STEALS MONEY TO GAMBLE**



WHAT ARE THE THREE PHASES OF PROBLEM GAMBLING?

PHASE 1

WINNING PHASE

Problem gambling can start as a fun, social activity. People sometimes win large amounts, but it's not always about winning money. Sometimes problem gamblers are rewarded by the excitement, the dreams of winning or the escape from everyday problems and stresses.

PHASE 2

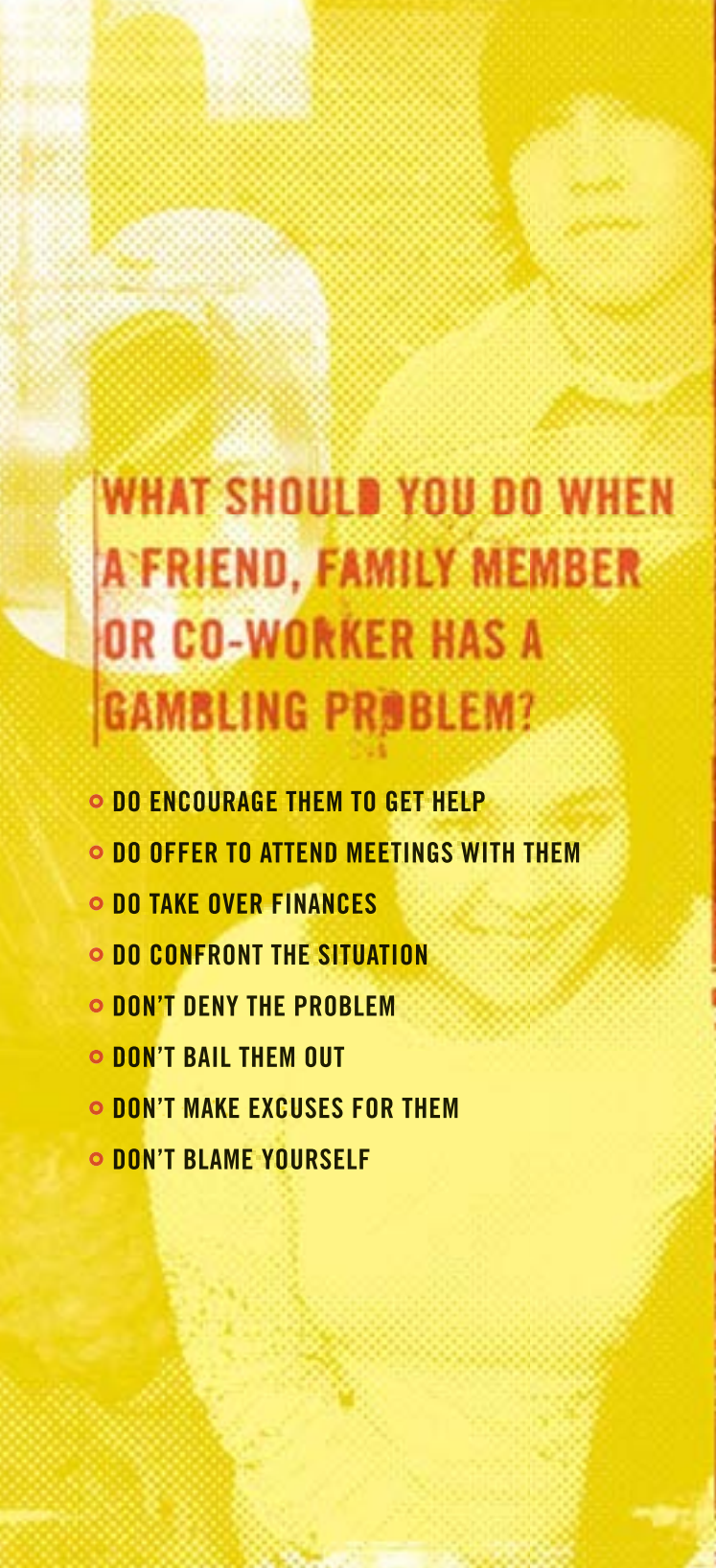
LOSING PHASE

Trouble may begin when problem gamblers think their behavior is under control but actually it is not. They seek more action, lose, and then gamble in an attempt to win it back. They hide their losses and borrow money to continue gambling. Concerned others begin to notice.

PHASE 3

DESPERATION PHASE

People with a gambling problem become desperate. They know they're in trouble, but they still can't quit. Everything has gone bad. They've lost all their money, lost their jobs and lost their families. They have hit rock bottom. At this phase they may steal or commit illegal activities to finance their gambling.



WHAT SHOULD YOU DO WHEN A FRIEND, FAMILY MEMBER OR CO-WORKER HAS A GAMBLING PROBLEM?

- **DO ENCOURAGE THEM TO GET HELP**
- **DO OFFER TO ATTEND MEETINGS WITH THEM**
- **DO TAKE OVER FINANCES**
- **DO CONFRONT THE SITUATION**
- **DON'T DENY THE PROBLEM**
- **DON'T BAIL THEM OUT**
- **DON'T MAKE EXCUSES FOR THEM**
- **DON'T BLAME YOURSELF**

**PROBLEM GAMBLING
CAN BE TREATED. WHAT
CAN THE GAMBLER DO
TO HELP HIMSELF OR
HERSELF?**

- **CALL 1-800-BETS OFF FOR HELP**
- **STOP DENYING PROBLEMS EXIST**
- **CORRECT IRRESPONSIBLE BEHAVIOR**
- **LEARN TO MANAGE FINANCIAL PRESSURES**
- **WORK ON GOALS THAT ACCENT THE POSITIVE**
- **FIND LEISURE ACTIVITIES TO REPLACE GAMBLING**
- **ENROLL IN THE CASINO'S STATEWIDE SELF-EXCLUSION PROGRAM**

1-800-BETS OFF

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WWW.1800BETSOFF.ORG
OUTSIDE IOWA, CALL 1-800-522-4700

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Lucas State Office Building, Des Moines, IA 50319-0075

Promoting and Protecting the Health of Iowans.