Problem Gambling
Affects Everyone

For more information
Washington State Department of Social and Health Services – Division of Behavioral Health and Recovery

Problem Gambling Program
360-725-3713
https://www.dshs.wa.gov/problemgambling

Evergreen Council on Problem Gambling
360-352-6133
www.evergreenpg.org

National Council on Problem Gambling
www.ncpgambling.org

Gamblers Anonymous
www.gamblersanonymous.org

Gam Anon
www.gam-anon.org

“I didn’t think I could get addicted to gambling – I thought I would recognize the signs”
– a 38-year old Helpline caller

Washington State Problem Gambling Helpline
1-800-547-6133
Questions to ask yourself to see if you might need help:

- Am I spending more time and more money on gambling?
- Am I spending a lot of time thinking about gambling?
- Have I tried to cut back or stop, but can’t?
- Am I irritable or restless when I can’t gamble?
- Does gambling help me escape the troubles of life and make me feel better?
- Have I gone back another day to win back my losses?
- Have I lied to people I care about to hide my gambling?
- Have I taken money that wasn’t mine, written bad checks because of my gambling, or broken other laws?
- Have I neglected my family or job because of gambling?
- Have I borrowed money from others to pay bills?

Help is available.

If you answered “yes” to any of these questions, you can find the treatment program near you by calling:

1-800-547-6133

The call is free. It’s confidential. The time is now.

When gambling causes problems with your health, your relationships, your job and your life...

It’s time to make a call.

More than 75,000 Washington State residents have a gambling problem. For each gambler, several other lives are affected.

Problem gambling does not discriminate – it can happen to anyone.

For help. For answers. For you or someone you know, call us.

Washington State Problem Gambling Helpline

1-800-547-6133

Calling this number could be your best bet ever.

“My husband has gambled away all of our retirement savings”

– a Helpline caller