

# DO YOU HAVE A GAMBLING PROBLEM?

## IS GAMBLING ALWAYS ON YOUR MIND?

Has gambling negatively affected your work life or relationships?

Do you get anxious or upset when trying to cut back or stop your gambling?

### DO YOU?

- ...gamble when you're down?
- ...hide how much you gamble?
- ...need to bet more money, more often?

### ARE YOU?

- ...constantly trying again after losing?
- ...asking for money to help pay bills because of gambling?

**IF YOU ANSWERED "YES" TO ANY OF THESE SYMPTOMS,  
YOU MAY BE ON YOUR WAY TO DEVELOPING  
A GAMBLING PROBLEM.**

VCPG maintains a neutral stance on gambling.

Help is Available:

**888-532-3500**

[www.vcpg.net](http://www.vcpg.net)

**vcpg**

VIRGINIA COUNCIL ON PROBLEM GAMBLING