

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



VIRGINIA COUNCIL on PROBLEM GAMBLING