

# Know The Odds

*Don't Let Gambling Take Over*

With the increasing availability and acceptability of gambling, more young people are gambling than ever. What may seem like harmless fun can actually develop into a serious problem for some people.

## WHERE CAN YOU GO FOR HELP?

Call the toll-free Indiana Problem Gambling Referral Line at  
1-800-994-8448.

## THE DIFFERENCE BETWEEN GAMES AND GAMBLING:

**Games** are activities that involve one or more people, have a goal that is trying to be reached and rules to establish what can and cannot be done. They are played primarily for enjoyment, but can have an educational role.

**Gambling** is any behavior that involves risking something of value. It can be a game or contest that the outcome is dependent upon chance or the ability to do something.

## What are the signs of Problem Gambling?

You may have a problem with :

- Spend more time or money gambling than they intended to spend.
- Go back another day to try to win back money or possessions lost.
- Feel badly about the way they gamble or about what happens when they gamble.
- Tell others they've been winning money from betting when they really haven't.
- Want to stop betting money, or gambling, but don't think they can.
- Hide signs of betting or gambling from you, friends, or others.
- Are being criticized for their gambling or told they have a gambling problem.
- Have arguments at home about money or gambling.
- Skip school for reasons related to gambling.
- Borrow money from someone and don't pay them back as a result of gambling.

## *Common Types of Gambling:*

Cards, sports bets, bingo, raffles, dice games, board games, and online betting

## *Consequences of Problem Gambling include:*

Family and school problems, loss of friendships and/or jobs, debt, crime, and depression and/or suicide

## Could the problem be gambling?

Have you ever felt the need to bet more and more money?

Have you ever had to lie to people important to you about how much you gamble?

An answer of "yes" to either or both of these questions may indicate a problem with gambling.

For help with a gambling problem, call  
1.800.994.8448.

Lie Bet Screen by Johnson, E.E., et. Al (1988).

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