

## Helpline - 1-800-522-4700

If you, or someone you know, has a problem with gambling, confidential help is available.

- Available 24 hours a day. 7 days a week.
- Trained mental health professionals to answer calls
- Calls are confidential
- Information and referral assistance provided
- Help is available in English and in Spanish at the same number
- Resource for family, friends, co-workers, and employees
- Crisis intervention available



**There is hope.  
There is help.  
1-800-522-4700**

## Self-Exclusion Program

The Problem Gambling Coalition of Colorado offers a voluntary self-exclusion program for persons unable to gamble responsibly. Persons who self-exclude will have check cashing privileges revoked at casinos, slot and player club memberships canceled and may no longer receive mailings from casinos.

This program requires a notarized application and waiver signed by the gambler, which can be found at the PGCC website:

[www.problemgamblingcolorado.org](http://www.problemgamblingcolorado.org)

or call **303-662-0772**

and a form will be mailed to you.

## The Problem Gambling Coalition of Colorado

The Problem Gambling Coalition of Colorado (PGCC) is a non-profit consortium of individuals and agencies committed to addressing gambling related problems in the State of Colorado. The coalition welcomes representatives from the gaming industry, government, mental health providers and recovering members of the problem gambling community. The Coalition is neutral on the issue of legalized gambling.

PGCC's Mission is to:

*To increase awareness, advocate treatment and promote research on problem gambling.*

If you would like to support the mission of PGCC and join the growing list of volunteers and partners committed to addressing problem gambling in Colorado, please contact PGCC by email at:

[problemgamblingcoalitioncolo@gmail.com](mailto:problemgamblingcoalitioncolo@gmail.com)



**Problem Gambling  
COALITION OF COLORADO**



## Problem Gambling Help

**With Gambling,  
Knowing Your  
Limit  
is  
Your Best Bet.**



**24-hour  
Problem  
Gambling  
Helpline:**



**800-522-4700**

Free help in English and Spanish.  
**Ayuda gratuita en Inglés y Español.**

## When Gambling Stops Being Fun

For some, gambling has stopped being fun. And try as they may, they have not been able to control their impulse to gamble. They play more often than they want and they spend more money than they can afford due to their inability to control the impulse to gamble.

### Are Problem Gamblers "Bad?"

No, they are not. Problem gamblers are our family members, our friends, our neighbors and our co-workers. Their lives have been overtaken by a powerful disorder that can tear apart families, ruin careers and consume the hard earned financial resources individuals need to support themselves and their families.



### Gambling for Entertainment

Gambling is an adult recreational activity and most people gamble for fun and entertainment. Gambling is not a way to make money. Money spent gambling is the cost of the entertainment activity, much like the cost of a movie ticket or restaurant bill. Winnings from gambling are a bonus.

### Tips to Keep Gambling Recreational

- Only gamble with money budgeted for entertainment, never with money needed for expenses.
- Play for fun and entertainment, not for money.
- Set a limit on time played and money spent.
- Stick to your limits.
- Treat winning as a bonus.
- Don't gamble on credit, borrow to play, or gamble illegally.

## Gambling Myths

Many players believe that there is a system, lucky charm or pattern of play that will help them win. They may remember a time when they won and try to reproduce those exact conditions or think they have some "insider" knowledge that will guarantee them a win.

The following is a list of some of the most common myths about gambling:

- No such thing as a "hot machine"
- Machines can't be "due to pay out"
- Players cannot control the outcome of a game
- Players can't control machine payout percentage
- "Losses" can never be won back



### 10 Questions You can Ask Yourself

1. Have you often gambled longer than you had planned?
2. Have you often gambled until your last dollar was gone?
3. Have thoughts of gambling caused you to lose sleep?
4. Have you used your income or savings to gamble while letting bills go unpaid?
5. Have you made repeated, unsuccessful attempts to stop gambling?
6. Have you broken the law or considered breaking the law to finance your gambling?
7. Have you borrowed money to finance your gambling?
8. Have you felt depressed or suicidal because of your gambling losses?
9. Have you been remorseful after gambling?
10. Have you gambled to get money to meet your financial obligations?

If you or someone you know answers "Yes" to any of these questions, consider seeking assistance from a professional regarding this gambling behavior.

## Problem Gambling

Problem gambling is gambling behavior that goes beyond what is considered normal in gambling for fun, recreation or entertainment. Problem gambling is gambling behavior that causes disruption in any major area of life: psychological, physical, social or vocational. Compulsive or pathological gambling is the inability to resist the impulse to gamble. It is often characterized by increased preoccupation with gambling and general loss of control. Problem or pathological gamblers experience a need to bet more money more frequently, restlessness or irritability when attempting to stop, chasing losses, and loss of control demonstrated by continuing gambling behavior despite mounting, serious and negative consequences.

### Symptoms and Impacts

#### of Problem Gambling

- Confusion and self-doubt
- Stress, anxiety and fear
- Serious financial problems
- Broken relationships
- Depression and thoughts of suicide.



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