

# Know The Odds!

*Don't let gambling take over!*

## **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 (1998)

## **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.

**Indiana  
Problem Gambling  
Awareness Program**

501 North Morton Street, Suite 110  
Bloomington, Indiana 47404  
812-855-1237  
800-346-3077  
[www.ipgap.indiana.edu](http://www.ipgap.indiana.edu)

*The Indiana Problem Gambling Awareness Program (IPGAP) is funded by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction with funds through the Indiana Problem Gamblers' Assistance Fund.*

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# Could the Problem be Gambling?

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## What are the signs of Problem Gambling?

- Spend more time or money gambling than intended.
- Go back another day to try to win back money or possessions lost.
- Feel badly about gambling.
- Tell others you have been winning money when you really haven't.
- Want to stop gambling, but don't think you can.
- Hide signs of gambling from friends, family, or others.
- Being criticized for gambling or told you have a problem.
- Have arguments at home about money or gambling.
- Skip school/work 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 betting, bingo, raffles, dice games, board games, and online betting.

## Consequences of Problem Gambling

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

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