

YOU CAN SELF-EXCLUDE

Anyone can sign up to exclude themselves from legalized gambling activities in Missouri.

Two options are available:

CASINO SELF-EXCLUSION

Administered by the Missouri Gaming Commission, the List of Disassociated Persons (DAP) allows problem gamblers to take personal responsibility for overcoming their gambling problem.

By signing up, disassociated persons agree to stop visiting Missouri riverboat casinos for life, with a one-time option to have their name removed from the list after five years.

To learn more about the List of Disassociated Persons, call 573-526-4080 or visit www.mgc.dps.mo.gov.



LOTTERY SELF-EXCLUSION

The Missouri Lottery offers a Self-Exclusion Program (SEP) to reduce the incentive for problem gamblers to play the Lottery. By submitting an application, self-exclusion participants agree to prohibit themselves from claiming prizes of more than \$600, among other exclusions.

For more information, call 573-751-4050 or visit www.MOLottery.com.

Take the first step for help. Make the call to bring the pieces back together and begin the healing process.

1-888-BETSOFF
(1-888-238-7633)

www.888BETSOFF.org
freehelp@888BETSOFF.org

MACPG
Missouri Alliance to Curb Problem Gambling

P.O. Box 105812
Jefferson City, MO 65101

GAMBLING PROBLEM?

DON'T LET GAMBLING BREAK YOU.

**1-888
BETS
OFF**

**FREE HELP
IS AVAILABLE.**

WHY BE CONCERNED?

For some, gambling is more than just a form of entertainment.

- According to the National Council on Problem Gambling (NCPG), approximately 2-3 percent of Americans meet the criteria for problem gambling.
- Each year, more than 1,400 people reach out for help through the **1-888-BETSOFF** program.

If you find yourself gambling more and more money, or if you have lied to loved ones about how much you gamble, your gambling is causing problems.



PROBLEM GAMBLING DEFINED

A behavior disorder in which an individual has an uncontrollable urge to gamble, problem gambling is characterized by increasing preoccupations with gambling, a need to bet more money more frequently, irritability when trying to stop, "chasing" losses, and a loss of control.

TIPS TO GAMBLE RESPONSIBLY

- Remember that gambling is a form of entertainment, not a way to make money.
- Use money set aside for gambling and never with money for everyday expenses.
- Never borrow money for gambling.
- Set money and time limits.
- Don't gamble when depressed or upset.

IS IT TIME TO GET HELP?

If more than three of the following describe you and your gambling, you should consider seeking help. Call **1-888-BETSOFF**.

1. Have you ever felt the need to gamble with increasing amounts of money in order to achieve the desired excitement?
2. Have you ever felt restless or irritable when attempting to cut down or stop gambling?
3. Have you made repeated unsuccessful efforts to control, cut back or stop gambling?
4. Do you ever find yourself having persistent thoughts about gambling?
5. Do you find yourself turning to gambling when you feel anxious, distressed or depressed?
6. After losing money when gambling, do you often return another day to try and win it back?
7. Have you ever lied to conceal the extent of your gambling?
8. Has gambling negatively impacted a relationship, professional or educational opportunity?
9. Have you ever relied on others to provide money to relieve desperate financial situations caused by gambling?

GAMBLING MYTHS

Myth: If I keep gambling, I'll win back my money.

Fact: Every bet placed is independent of the previous one. The chances of winning are no more in your favor on the 10th bet than they were on the first.

Myth: I have a special strategy that helps me win.

Fact: Results of games of chance are completely random. The result will be the same regardless of your actions.

Myth: Problem gamblers gamble every day.

Fact: The frequency of gambling activity has no relation to addiction. It's the various repercussions that signal a problem.

Myth: Problem gambling is just a financial problem.

Fact: According to the NCPG, problem gambling is an emotional problem with financial consequences.

TAKE THE FIRST STEP

Don't let gambling break you. The first step to healing and bringing the pieces back together is asking for help.

Call **1-888-BETSOFF** for free and confidential help from professional counselors.

OTHER RESOURCES

- Call NCPG at 1-800-522-4700 or visit www.ncpgambling.org
- Visit Gamblers Anonymous at www.gamblersanonymous.org

