



Warning Signs of Gambling Harm

**Spend more
time
gambling**

**Borrowing
money to
gamble**

**Isolation
from
friends and
family**

**Increased
anxiety and
stress**


**Chasing
losses**

**Distraction
from school
or work**

24/7 Help is available.

Call the NYS OASAS HOPEline at 1-877-846-7369 or Text 467369

PROBLEM GAMBLING
NEW YORK STATE
RESOURCE CENTERS
Here to Help

 **NYCPG**
New York Council on Problem Gambling

Funded by:
 **Office of Addiction
Services and Supports**
oasas.ny.gov 877-8-HopeNY