RETIREMENT
IS A TERRIBLE THING TO WASTE

ARE YOU GAMBLING TOO MUCH?

SeniorGambling.org • 1-800-333-4673 (HOPE)
If you answer yes to any of these questions you may need help.

During the past 12 months, have you:

- become restless, irritable or anxious when trying to stop/cut down on gambling?
- tried to keep your family or friends from knowing how much you gambled?
- had financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

Problem gambling can affect anyone. If you or someone you love experience any warning signs, it could indicate a gambling problem. Fortunately there is confidential help available.

Help is just a phone call away.
24-HOUR HELPLINE 1-800-333-4673 (HOPE)
Learn more at SeniorGambling.org