

March is Problem Gambling Awareness Month

- Have you become restless, irritable or anxious when trying to stop/cut down on gambling?*
- Have you tried to keep your family or friends from knowing how much you gambled?.*
- Have you had such financial trouble that you had to get help from family or friends?*

Free and confidential problem gambling treatment is available for all Nebraskans and their loved ones through the Nebraska Gamblers Assistance Program.

***Nebraska Problem Gambling Helpline:
1-833-BET-OVER (1-833-238-6837)
National Problem Gambling Helpline:
1-800-MY-RESET (1-800-697-3738)***

***Both numbers are available 24/7/365, free and confidential,
and answered by trained professionals.***