

TIMEOUT^{OHIO}

WARNING SIGNS OF A PROBLEM GAMBLING



Do you find yourself reliving past gambling experiences, planning the next venture, or thinking of ways to get money to gamble?



Do you need to gamble with increasing amounts of money in order to feel "a rush?"



Do you return another day in order to get even or chase your losses after gambling?



Do you gamble as a way of escaping from problems or relieving guilt, anxiety or depression?



Do you return another day in order to get even or chase your losses after gambling?



Do you lie to family, friends, or others to conceal the extent of your gambling?



Do you jeopardize or lose significant relationships, job or educational opportunities due to gambling?



Do you rely on others to provide money to relieve a desperate financial situation caused by gambling?



Do you try to cut back or stop gambling, but can't?



Must be 21 or older to wager on Sports. If you answered yes to one or more of the above questions, you may need to take a closer look at your gambling and consider reaching out for help. If you wish to enter in-to the Ohio Voluntary Exclusion Program (Ohio VEP), please visit [timeouthio.com](https://www.timeouthio.com). If you or someone you know has a gambling problem, crisis counseling and referral services can be accessed by calling:
Ohio Problem Gambling Helpline 1-800-589-9966