One in 10 students might have a gambling problem.

Are you one?

Losing your shirt is just the beginning.

Problem gambling is a serious behavior disorder that causes financial, psychological, social, vocational and legal difficulties for compulsive gamblers, their families and their friends.
TAKE THE TWENTY

Do you have a gambling problem? Answer these 20 questions to find out.

- Do you ever miss time at school or work due to gambling?
- Do you ever gamble to get money to pay off debts?
- After losing, do you ever gamble to win back your losses?
- Do you ever gamble until your last dollar is gone?
- Do you ever borrow money to gamble?
- Have you ever sold anything to gamble?
- Do you ever gamble longer than you planned?
- Have you ever gambled to escape worry or trouble?
- Has gambling ever made your life unhappy?
- Has gambling ever caused conflict in a relationship?
- Has gambling ever caused conflict with your parents?
- Do you keep your gambling a secret from some people out of fear they’ll criticize you?
- Have you ever felt remorse after gambling?
- After a win, do you have a strong urge to return and win some more?
- Has gambling ever caused you to lose sleep?
- Do you celebrate good fortune by gambling?
- Have you ever committed, or considered committing, an illegal act to finance gambling?
- Have you ever felt self-destructive because of your gambling losses?
- Have you ever claimed to be winning when you actually lost?
- Have you ever had thoughts of suicide?

The warning signs

- Increased frequency of gambling.
- Increasing amounts gambled.
- Preoccupation with gambling and money.
- Neglecting school, work, friends and family.
- Borrowing money or maxing out credit cards to gamble.
- Chasing losses with more gambling.
- Mood swings.
- Isolation, withdrawal and secretive behavior.
- Dishonesty or lying.

If you checked seven or more boxes above, it may be time to seek help.

Call 1-800-333-HOPE or go to www.BeatTheBet.com.

Financial resources are available for Minnesotans who cannot afford treatment.