



# THE MORE YOU FEED IT, THE WORSE IT GETS.

**That's how it is with problem gambling.** Like any addiction, problem gambling affects your work, your relationships, your life. If you can't control the urge to gamble – if *it's controlling you* – help is at hand.

If you or someone you know has a gambling problem, call the Problem Gambling Helpline at **1-800-GAMBLE-5**, text **850-888-HOPE**, or visit **wi-problemgamblers.org**.