



You're not alone.

**NYS #gamblingaddiction
services can help.**

Know the signs of addiction:

- Betting more than you can afford or had planned.
- Thinking about gambling often.
- Covering up gambling habits.
- Missing time with loved ones to gamble.
- Trying to stop gambling, but can't do it alone.

Take the first step at
oasas.ny.gov



**Office of Alcoholism and
Substance Abuse Services**