



# 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](https://oasas.ny.gov)**



**Office of Addiction  
Services and Supports**