

YOUR GUIDE TO RESPONSIBLE GAMBLING

WE KNOW

THE FEELING.

**GET THE HELP
YOU NEED.**



**FOR HELP, SUPPORT AND ADVICE ABOUT
RESPONSIBLE GAMBLING, CALL OR TEXT US.**

**1.800.GAMBLER
OR TEXT ILGAMB TO 53342**

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KNOW THE FEELING.

It's that sinking feeling that you get when you know something's just not right. A nervousness that won't go away. Everybody feels it at some point in their life. Don't ignore the feeling.

BILL KNOWS THE FEELING

Bill was married and had a young daughter and found himself hooked on fantasy sports betting. He used gambling as a way to cope with stress and to try to make more money for his family. Instead, his gambling began to cause more emotional and financial anxiety and stress. It affected the whole family. He was becoming something he didn't want to be. Find out what happened when Bill reached out for help at weknowthefeeling.org/billknows

BE RESPONSIBLE

Is gambling concealing the real you? If you feel that you're losing yourself or a friend or loved one to gambling, call us today. Talk with responsible gambling experts who can help.

**NOT FEELING LIKE YOURSELF?
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KNOW THE FACTS.

Gambling is more popular than ever. Problem gambling is a growing issue in the United States and around the world. You're not alone.

\$17 BILLION

The annual cost associated with gambling (crime, addiction and bankruptcy):

15% OF AMERICANS GAMBLE AT LEAST ONCE PER WEEK.

4% OF ADULTS DISPLAY SYMPTOMS OF PROBLEM GAMBLING AT ANY GIVEN TIME.

\$59B THE GLOBAL ONLINE GAMBLING MARKET IS FORECASTED TO GROW TO MORE THAN \$59 BILLION BY 2020.

Problem gambling affects each generation differently. Youth risk developing a gambling problem at a rate of about two to three times that of adults, and approximately 6% of U.S. college students have a gambling problem.

ILLINOIS KNOWS THE FEELING

According to a National Survey of Problem Gambling Services, more than 2% of adults in Illinois demonstrated gambling disorders.

A 2017 Wallethub report on the most gambling addicted states ranks Illinois as the 18th highest. For the criteria 'Gambling Problem and Treatment' Illinois ranks 2nd. And maybe most alarming is that Illinois is at the top of the list for the most gambling related arrests per capita.



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KNOW THE WARNING SIGNS.

Gambling isn't always a problem. Gambling becomes a problem when it affects someone's wellbeing or it affects the people around them. Ask yourself the tough questions. Be honest with your answers.

- ARE YOU CONCERNED ABOUT HOW YOU OR YOUR LOVED ONE'S GAMBLING IS AFFECTING YOUR LIFE?**
- DO YOU OR YOUR LOVED ONE'S MOOD CHANGE BASED ON GAMBLING RESULTS - WIN OR LOSE?**
- IS IT HARD FOR YOU TO RESIST THE IMPULSE OF GAMBLING? DO YOU END UP SPENDING MORE AND MORE ON BETS THAN YOU MEANT TO?**
- IS YOUR OR YOUR LOVED ONE'S GAMBLING CAUSING EMOTIONAL AND FINANCIAL ANXIETY AND STRESS FOR THE FAMILY?**
- IS GAMBLING ADVERSELY AFFECTING YOUR MOOD, RELATIONSHIPS, WORK/STUDY, AND/OR FINANCIAL STABILITY?**

MARY KNOWS THE FEELING

Mary's adult son was a compulsive poker player. For at least 3 years she enabled him, providing emotional and financial bailouts and keeping his "secrets" from other family members. She was chronically stressed out, feeling overwhelmed and hopeless that her son would never change and holding herself responsible for his choices. Find out what happened when Mary asked herself some tough questions and then reached out for help. weknowthefeeling.org/maryknows

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