



[Alt text] Have you felt preoccupied with gambling?

Post copy: Many people experience problem gambling, which can leave you feeling distressed or cause problems with relationships, work, or money. Luckily, problem gambling can be treated, and people can recover. Learn more at mass.gov/ProblemGambling.



LET'S
GET
REAL
ABOUT
GAMBLING

Have you had
trouble cutting
back on **gambling?**

[Alt text] Have you had trouble cutting back on gambling?

Post copy: When does gambling cross the line from pastime to problem? Learn to recognize the signs of problem gambling and get help for yourself or a loved one today at mass.gov/ProblemGambling.



LET'S
GET
REAL
ABOUT
GAMBLING

Does stress or feeling
helpless influence
your **gambling?**

[Alt text] Does stress or feeling helpless influence your gambling?

Post copy: Problem gambling can be associated with stress, anxiety, and depression. If we're going to prevent problem gambling, we need to continue our commitment to providing mental health resources for our communities. Learn more at mass.gov/ProblemGambling.



LET'S
GET
REAL
ABOUT
GAMBLING

Have you lied to
hide the extent of
your **gambling?**

[Alt text] Have you lied to hide your gambling?

Post copy: Gambling can be a fun social activity for some, but can become a serious problem for others. Visit mass.gov/ProblemGambling to learn the signs of problem gambling.



LET'S
GET
REAL
ABOUT
GAMBLING

Have you lost a
relationship or job
because of **gambling?**

[Alt text] Have you lost a relationship or job because of gambling?

Post copy: When it comes to gambling, it can be difficult to talk honestly about the impact on individuals and our communities. That's why we believe that it's time to get real about gambling. Learn more at mass.gov/ProblemGambling.



[Alt text] Have you had to borrow money due to gambling?

Post copy: Gambling's negative effects can reach far beyond the individual. That's why it's important to go beyond personal choice to address the social and environmental factors that make some of us more likely to struggle with gambling than others. Visit mass.gov/ProblemGambling to find resources and learn more.