



"Integrity and Responsibility" is a core value of the Texas Lottery Commission and that includes educating our players, retailers and general public about responsible gaming.

Texas Lottery® games are designed to be entertainment and we encourage our customers to play responsibly. For some people gambling can become a problem. If you or someone you know has a gambling problem, we provide the helpful resources listed below as a public service for having the conversation.

### **National Council on Problem Gambling**

[ncpgambling.org](http://ncpgambling.org)

24-Hour Confidential Helpline

**800-522-4700**

### **Texas Council on Problem Gambling**

[facebook.com/texascouncilonproblemgambling](https://facebook.com/texascouncilonproblemgambling)

[twitter.com/txprobgambling](https://twitter.com/txprobgambling)

[txprobgambling@gmail.com](mailto:txprobgambling@gmail.com)

### **Gamblers Anonymous**

[gamblersanonymous.org](http://gamblersanonymous.org)

Austin **512-860-2958**

Dallas **214-675-0939**

Fort Worth **817-371-0624**

Houston **855-442-7105**

San Antonio **210-705-4429**

### **Gam - Anon**

[gam-anon.org](http://gam-anon.org)

For family and friends of compulsive gamblers

**718-352-1671**

# WHAT ARE THE SIGNS OF A GAMBLING PROBLEM?

There is no physical test that indicates gambling behavior, but here are some signs to look for:

- ✓ Borrows money to cover gambling debts
- ✓ Gambles when feeling bored or distressed
- ✓ Lies to family and friends about gambling
- ✓ Tries to win back money lost
- ✓ Is often preoccupied with gambling
- ✓ Loses interest in other activities
- ✓ Is argumentative or defensive about gambling behavior
- ✓ Is absent for long periods of time
- ✓ Goes without basic needs in order to gamble

*Source: National Council on Problem Gambling, 2016*

The Texas Lottery Commission is a member of the **National Council on Problem Gambling**, the **North American Association of State and Provincial Lotteries** and the **World Lottery Association** and actively supports the problem gambling initiatives of these organizations.



**SUPPORTING TEXAS EDUCATION  
AND VETERANS**

**[txlottery.org](http://txlottery.org) / 800-375-6886**

Must be 18 years of age to purchase a ticket.  
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*This information is provided as a public service.*

**PLAY RESPONSIBLY.**