

# Play Responsibly

## HELP IS HERE IF YOU NEED IT

DC Lottery games are meant to be played for fun, not financial gain. If you or a loved one struggle with problem gambling or gambling addiction, you don't have to face it alone. DC Lottery partners with the National Council on Problem Gambling to provide help.

## COMMON SIGNS OF A GAMBLING PROBLEM

- You gamble frequently.
- You borrow money to gamble.
- You never win enough and always chase losses.
- Your gambling affects your job, relationships, or home life.
- Your life revolves around gambling.
- You feel restless or irritable when you try to stop gambling.
- You have lied to other people about how much time or money you've spent or lost.

Sound like you or someone you care about? Explore the numerous free resources below and choose the best options for you or your loved one.

## GET HELP TODAY

### NATIONAL COUNCIL ON PROBLEM GAMBLING HELPLINE

24/7 help is only a phone call, text, or chat away.

- Call: 1-800-522-4700
- Text: 1-800-522-4700
- Chat: [ncpgambling.org/chat](https://ncpgambling.org/chat)

### DC LOTTERY'S PLAY RESPONSIBLY PROGRAM

Find more resources and information about DC Lottery's Voluntary Exclusion program at [dclottery.com/player-resources/play-responsibly](https://dclottery.com/player-resources/play-responsibly).

### SUPPORT GROUPS

These organizations will connect you with help and others who know what you're going through.

- **GAMBLERS ANONYMOUS** | [gamblersanonymous.org](https://gamblersanonymous.org)  
Meet others with similar experiences and support each other in recovery.
- **GAM-ANON** | [gam-anon.org](https://gam-anon.org)  
Find support with other spouses, family members, and loved ones of compulsive gamblers.
- **GAMTALK** | [gamtalk.org](https://gamtalk.org)  
Chat with a 24/7 moderated online peer support community.