

Common Signs of a Gaming Problem

- You game frequently.
- You borrow money to game.
- You never win enough and always chase losses.
- Your gaming affects your job, relationships, or home life.
- Your life revolves around gaming.
- You feel restless or irritable when you try to stop gaming.
- 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 and choose the best options for you or your loved one.

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**



Play Responsibly
HELP IS HERE IF YOU NEED IT

Call or text 1-800-522-4700
or visit www.ncpgambling.org

DC  TTERY




PLAY
RESPONSIBLY

DC  TTERY



PLAY
RESPONSIBLY

A close-up, low-angle shot of a man with grey hair and a beard, looking down at a smartphone. He is wearing a white shirt and a red tie. The background is dark, and the lighting is soft, highlighting his face and the phone's screen.

You don't have
to face it alone.

Get Help Today

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

National Council on Problem Gambling Helpline

If you or someone you know may have a gaming problem, contact the National Problem Gambling Helpline, which offers hope and help without stigma or shame.

Call or text **1-800-522-4700** or visit **www.ncpgambling.org/chat**. Help is available 24/7 – it is free and confidential.

DC Lottery's Play Responsibly Program

DC Lottery is committed to offering gaming in a safe and responsible manner and will never place profits ahead of the health of its players. As part of this commitment, the Self-Exclusion Program was established as a tool or method to support persons who wish to refrain from sports wagering and other types of gaming (e.g., Lottery) offered by the Lottery and its licensees.

DC Lottery's Self-Exclusion Program allows a person to voluntarily request to be excluded from legalized gaming activities within the

District of Columbia for a pre-determined length of time and to be prohibited from collecting any winnings, recovering any losses, or accepting complimentary gifts or services or any other thing of value from a DC Lottery-licensed facility, retail location or mobile wagering platform.

Find more resources and information about DC Lottery's Voluntary Exclusion program at **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**

Meet others with similar experiences and support each other in recovery.

GAM-ANON | gam-anon.org

Find support with other spouses, family members, and loved ones of compulsive gamers.

GAMTALK | gamtalk.org

Chat with a 24/7 moderated online peer support community.