

## **PROBLEM GAMBLING CONTACT NUMBERS**

|   |                       |
|---|-----------------------|
| <b>National Helpline for Problem Gambling</b> | <b>1-800-522-4700</b> |
| <b>Iowa Gambling Treatment Program</b>        | <b>1-800-BETS-OFF</b> |

## **WEBSITES FOR PROBLEM GAMBLING**

|   |   |
|---|---|
| <b>National Council on Problem Gambling</b> | <b><a href="http://www.ncpgambling.org">www.ncpgambling.org</a></b>             |
| <b>Gamblers Anonymous</b>                   | <b><a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a></b> |
| <b>Gam-Anon</b>                             | <b><a href="http://www.gam-anon.org">www.gam-anon.org</a></b>                   |

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