



# Colorado GAMBLING ADDICTION HOTLINE



If you or someone you know has a problem with gambling  
***Confidential Help is Available***

## 10 Questions You Can Ask Yourself

- 1) Have you often gambled longer than you planned?
- 2) Have you often gambled until your last dollar was gone?
- 3) Have thoughts of gambling caused you to lose sleep?
- 4) Have you used your income/savings to gamble while letting bills go unpaid?
- 5) Have you made repeated, unsuccessful attempts to stop gambling?
- 6) Have you broken the law or considered it to finance your gambling?
- 7) Have you borrowed money to finance your gambling?
- 8) Have you felt suicidal or depressed because of your gambling losses?
- 9) Have you been remorseful after gambling?
- 10) Have you gambled money to meet your financial obligations?

**Trained Mental Health Professionals Available to Answer Calls**  
**24 / 7 / 365**

Resources for  
family, friends,  
co-workers &  
employees

**Calls are Confidential**  
**Crisis Intervention Available**

Information  
& Referral  
Assistance  
Provided

  
ROCKY MOUNTAIN  
CRISIS PARTNERS



COLORADO  
Department of Human Services

**1-800-522-4700**

