



**Are you in over your head?**

**IF YOU HAVE A GAMBLING PROBLEM,  
WE'LL THROW YOU A LIFELINE.**



ARIZONA OFFICE OF  
**PROBLEM  
GAMBLING**

Resources include:

- Treatment
- Self-exclusion from casinos
- Gamblers Anonymous

Call **1-800-NEXT-STEP (639-8783)**  
or visit [www.problemgambling.az.gov](http://www.problemgambling.az.gov)

