

KEY INITIATIVES

Wyoming Council on Problem Gambling seeks to engage the following:

- Medical professionals
- Educators
- Mental health professionals
- Law enforcement
- Policymakers
- Business owners
- Other interested stakeholders

in understanding local and national impacts concerning problem gambling. WCPG strives to offer community and statewide services such as training, digital media, and referrals whenever possible for those with a gambling concern and their families.

Contact Us

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Visit us on the Web:
wyomingcpg.org



OUR MISSION

Problem gambling impacts Wyoming citizens, businesses, and communities. The Wyoming Council on Problem Gambling is a statewide, non-profit corporation organized to increase awareness of the possible harms of gambling. The Council will provide education, advocacy, and training to mental health professionals. It will develop prevention efforts that will support WCPG in reaching out to individuals with gambling concerns, their family members, and others who may be affected.



**We are the
voice of hope
from problem
gambling.**



**ADVOCACY
AWARENESS
ASSISTANCE**

WARNING SIGNS

Are you or someone you know:

- Preoccupied with gambling
- Secretive about his/her gambling habits, and defensive when confronted
- Increasing bet amounts when gambling in order to achieve the desired excitement (aka: high)
- Trying unsuccessfully to control, cut back, or stop gambling
- Restless or irritable when not gambling
- Gambling when distressed (helpless, guilty, anxious, depressed)
- Chasing losses with more gambling
- Lying to family and others about the range of gambling
- Jeopardizing or losing relationships, jobs, or educational or career opportunities because of gambling
- Relying on others to bail him or her out to relieve money problems caused by gambling



GAMBLING PROBLEM PREVENTION TIPS

- Gamble for entertainment, not as a way to make money
- Set a budget BEFORE you start to gamble and stick to it
- Never chase losses
- Limit your time to gamble
- Don't mix drinking and gambling
- Balance gambling with other recreational activities



**24 HOUR CONFIDENTIAL NATIONAL
HELPLINE**

CALL or TEXT 1-800-522-4700

**National Suicide Prevention Line
IN CRISIS CALL OR TEXT: 988**