

Are You Concerned About Your Own or Someone Else's Gambling?

Problem Gambling Helplines

In Minnesota
1-800-333-HOPE

In Ontario
1-888-230-3505


Toll-free, Confidential, Anonymous,
Open 24 Hours




1-800-543-1384 • www.GrandPortage.com

Owned and operated by the Grand Portage Band of Lake Superior Chippewa





We are committed to helping you gamble responsibly. In order to enjoy the facilities at Grand Portage Lodge & Casino, you need to ensure that you don't gamble beyond your means.



20 Important Questions

Only you can decide if you are being irresponsible about gambling. If gambling is causing continuing problems in any facet of your life, the following questions may be of help to you:

1. Do you ever lose time from work due to gambling?
2. Has gambling ever made your home life unhappy?
3. Does gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Does gambling cause a decrease in your ambition or efficiency?
7. After losing do you feel you must return as soon as possible and win back your losses?
8. After a win, do you have a strong urge to return and win more?
9. Do you often gamble until your last dollar is gone?
10. Do you ever borrow to finance gambling?
11. Have you ever sold anything to finance gambling?
12. Are you reluctant to use "gambling money" for normal expenditures?
13. Does gambling make you careless of the welfare of yourself and your family?
14. Do you ever gamble longer than you had planned?
15. Do you ever gamble to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Does gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you, an urge to gamble?
19. Do you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction as a result of your gambling?

If you answered yes to at least seven of these questions you may want to contact a problem gambling treatment service.