

Free, Confidential Help for Problem Gambling is Closer Than You Think



WORKPLACE
WELLBEING

Help is closer and less expensive than most people think — here is the **Missouri support landscape in one place**. Options below are confidential and free or low-cost.

Quick-Reference Contact Card

RESOURCE	HOW TO REACH	WHAT IT OFFERS
MO Problem Gambling Helpline	888-BETS-OFF (888-238-7633), 24/7	Free, confidential helpline and referrals
National Helpline	1-800-MY-RESET	Free, routes to MO resources
MO DBH Gambling Counselors	dmh.mo.gov/behavioral-health	Access to outpatient treatment for MO residents
Gamblers Anonymous/Gam-Anon	gamblersanonymous.org	Free, peer-led recovery community
988 Crisis Lifeline	Call or text 988	Free, 24/7 crisis support

Source: Missouri DBH; National Council on Problem Gambling

TREATMENT



Missouri's Division of Behavioral Health funds **outpatient gambling treatment** for Missouri residents.



Counselors are specially trained — **Certified Gambling Disorder Counselors**.



Call **888-BETS-OFF** or visit **dmh.mo.gov** to connect with a provider.



988 Suicide and Behavioral Crisis Line – call, text, chat 24/7

Source: NCPG Gambling in the Workplace Toolkit; The Better Institute.

SELF-EXCLUSION OPTIONS

- **Missouri Lottery Self-Exclusion:** lifetime block on prizes above \$600 and loyalty-club access.
- **Missouri Gaming Commission DAP List:** 5-year ban from Missouri riverboat casinos.

Source: Missouri DBH; Sports Betting in Missouri: Responsible Gambling Policy 2025

PEER SUPPORT

- **Gamblers Anonymous:** free, member-led recovery community.
- **Gam-Anon:** support for family and friends affected by someone else's gambling.

Source: Missouri DBH

ALL CONFIDENTIAL. ALL FOR YOU.

You do not need to know which resource is the right one before you call.
Just get started, and they will help you find the rest.

Disclaimer This work is supported by funds made available from the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS), National Center for STLT Public Health Infrastructure and Workforce, through OE22-2203: Strengthening U.S. Public Health Infrastructure, Workforce, and Data Systems grant. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.