

Take control of your life... *stop gambling.*

The decision is yours.

Your gambling problem doesn't just stop with you. The impact can be far reaching affecting the relationships you have with your family, friends and employer. It can leave them confused, hurt and angry because they don't understand your behavior. Without help the cost to you can be devastating – financial debt, family problems, job loss, and even criminal charges. You can no longer play the game because it is playing you.

If you want help, it's available.



Getting Help is your **Best Bet.**



The Voluntary Self-Exclusion Program is administered
by the Kansas Racing and Gaming Commission.
More information may be obtained by contacting:
Kansas Racing and Gaming Commission

785.296.5800

or the

Kansas Gambling Help Line

800.522.4700

ksgamblinghelp.com

Has gambling become a problem?



Voluntary Self-Exclusion



Kansas Racing and Gaming Commission

Ask yourself these questions:

1. Do you lose time from work due to gambling?
2. Does gambling make your home life unhappy?
3. Does gambling affect your reputation?
4. Do you ever feel remorse after gambling?
5. Do you ever gamble to get money with which to pay debts or to 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 your gambling?
11. Do you ever sell anything to finance your gambling?
12. Are you reluctant to use "gambling money" for normal expenditures?
13. Does gambling make you careless about the welfare of yourself and your family?
14. Do you ever gamble longer than you planned?
15. Do you ever gamble to escape worry or trouble?
16. Do you ever commit, or consider committing an illegal act to finance your gambling?
17. Does gambling cause you to have difficulty sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Do you have an urge to celebrate good fortune by a few hours of gambling?
20. Do you ever consider self-destruction as a result of your gambling?

If you can answer yes to 7 or more of these questions, you may have a gambling problem.

The Kansas Voluntary Self-Exclusion Program

If you find yourself gambling too much, or it no longer feels like a game, signing up for the Voluntary Self-Exclusion Program (VEP) can be a first step in taking control of your gambling. With the VEP, that courageous step can be the defining moment in regaining control of your life.

How does the program work?

- Participants in the VEP agree to refrain from entering any state-owned casino in Kansas.
- A person must complete the request form of their own free will and cannot be under the influence of any alcoholic beverages, controlled substance or prescription medication.
- Information about participants in the program is strictly confidential and will only be released to casino security for the purpose of enforcement.
- Participants may elect to self-exclude for two years or a lifetime. Once a time period is selected, it may be increased but not decreased. Once the time period chosen has concluded, a participant may be removed from the list by making a request to the Kansas Racing and Gaming Commission.
- VEP participants will be removed from the marketing list of each casino and will not be eligible for promotions, credit or casino comps.
- VEP participants found to be in a state-owned casino in Kansas will be asked to leave and could be subject to arrest for criminal trespassing.
- If it is discovered that a VEP participant has won a jackpot, it will be confiscated and sent to the problem gambling and addiction fund.
- Casinos may elect to permanently ban VEP participants from their property.

How do I sign up?

Individuals interested in participating in the program may do so at any state-owned casino by approaching a uniformed security officer or KRGC agent and informing them that you are interested in the VEP, or you may do so at the Kansas Racing and Gaming Commission in Topeka by calling **785.296.5800**.