

## 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 least risky thing you can do is taking advantage of no out-of-pocket cost counseling available to Kansas residents who are concerned about their gambling or someone they care about.

# 1-800-522-4700

It's CONFIDENTIAL, 24/7, and quite possibly the first step to turning things around.

Counselors trained to recognize gambling risks can point you to a certified counselor near you.

[www.KSgamblingHelp.com](http://www.KSgamblingHelp.com)

### Need More INFORMATION?

If someone's gambling problem has become your problem, there's help for you, too.

[www.KSgamblingHelp.com](http://www.KSgamblingHelp.com) has links to important information for affected and concerned others about no-cost help for themselves, and the organizations across Kansas are dedicated to assisting problem gamblers, friends, and family.



The Voluntary 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 Problem  
Gambling Helpline**

**800-522-4700**

[www.KSgamblingHelp.com](http://www.KSgamblingHelp.com)

# WHEN GAMBLING HAS PUSHED YOU TO YOUR LIMITS

How to regain control of your life.



**VOLUNTARY  
EXCLUSION PROGRAM**

**Getting Help is your BEST BET**

**800-522-4700**  
[KSgamblingHelp.com](http://KSgamblingHelp.com)

**Kansas**  
Racing and Gaming Commission

## Ask Yourself THESE QUESTIONS

- Do you lose time from work due to gambling?
- Does gambling make your home life unhappy?
- Does gambling affect your reputation?
- Do you ever feel remorse after gambling?
- Do you ever gamble to get money with which to pay debts or to otherwise solve financial difficulties?
- Does gambling cause a decrease in your ambition or efficiency?
- After losing, do you feel you must return as soon as possible and win back your losses?
- After a win, do you have a strong urge to return and win more?
- Do you often gamble until your last dollar is gone?
- Do you ever borrow to finance your gambling?
- Do you ever sell anything to finance your gambling?
- Are you reluctant to use “gambling money” for normal expenditures?
- Does gambling make you careless about the welfare of yourself and your family?
- Do you ever gamble longer than you planned?
- Do you ever gamble to escape worry or trouble?
- Do you ever commit, or consider committing an illegal act to finance your gambling?
- Does gambling cause you to have difficulty sleeping?
- Do arguments, disappointments or frustrations create within you an urge to gamble?
- Do you have an urge to celebrate good fortune by a few hours of gambling?
- 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 EXCLUSION PROGRAM

If you find yourself gambling too much, or it no longer feels like a game, signing up for the Voluntary 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 or racetrack in Kansas.
- A person must complete the request form of their own free will and cannot be under the influence of any alcoholic beverage, controlled substance or prescription medication.
- Information about participants in the program is strictly confidential and will only be released to state-owned casino or racetrack security for the purpose of enforcement.
- Participants may elect to 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.
- The VEP is free to residents of any state who are either temporarily visiting or permanently residing in Kansas.
- VEP participants will be removed from the marketing list of each state-owned casino or racetrack and will not be eligible for promotions, credits or comps.
- VEP participants found to be in a state-owned casino or racetrack 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.
- State-owned casinos and racetracks may elect to permanently ban VEP participants from their property.

### Understand the Types of CASINOS AND RACETRACKS

The VEP covers any state-owned casino or racetrack in Kansas. The following tribal casinos are not covered:

- 7th Street Casino (Kansas City, KS)
- Golden Eagle Casino (Horton, KS)
- Casino White Cloud (White Cloud, KS)
- Sac & Fox Casino (Powhattan, KS)
- Prairie Band Casino & Resort (Mayetta, KS)

### How Do I Sign Up?

Individuals interested in participating in the program may do so at any state-owned casino or racetrack by approaching a uniformed security officer or KRGK 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.