

# Play Responsibly

## RESPONSIBLE GAMBLING GUIDELINES

If you're concerned that gambling is becoming more than a game for you, try using these guidelines to moderate your play:

Think of the money you spend as the cost of your entertainment.

Set a dollar limit and stick to it.

Set a time limit and stick to it. Leave when you reach your limit whether you're winning or losing.

Understand that you'll probably lose, and accept the loss as part of the game.

Don't borrow money to gamble.

Don't let gambling interfere with or become a substitute for family, friends or work.

Don't chase losses. Chances are you'll spend even more trying to recoup your losses.

Don't use gambling as a way to cope with emotional or physical pain.

Know the warning signs of problem gambling behavior.



Need help? Someone is waiting to talk to you 24/7.

Call **1-800-GAMBLER** (426-2537)

Text **SUPPORT** to **53342**

Chat **800gambler.chat**

Services are confidential and no cost.

