

HAVE A GAME PLAN[®]

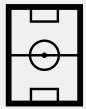
Bet responsibly.



Set a budget and stick to it.



Keep it social: play with friends, family and colleagues.



Be informed: learn the details of the games you're playing.



Play with trusted licensed, regulated operators.

BETTING IS NO LONGER FUN. WHERE CAN I GET HELP?

Gaming is a form of adult entertainment. When it is no longer fun, it's time to take a break. The signs below may indicate that it's time to take a break or step away from playing:

- Gaming for longer and longer periods of time
- Lying about the extent of gaming involved
- Often missing work or school to bet
- Neglecting personal or family responsibilities to wager
- Using gaming as an escape
- Wagering with money needed for paying bills
- Believing the "big win" will bring gaming under control

Need help? Call or text the National Council on Problem Gambling's 24-hour confidential hotline: 1-800-522-4700.