

KEEP GAMBLING AFFORDABLE AND PROBLEM FREE



Set a limit on how much time and money you will spend and stick to it.

Learn how the games work and how much they cost to play.

Balance gambling with other leisure activities.

If you gamble and spend more time and money than you can afford, a good strategy is to take a break and look at your gambling. Consider seeking help if this is a concern.

**Problem Gambling Helpline, Toll-Free, Confidential, 24/7
1-800-346-6238 or to access PG Chat: problemgambling.org**

Low Risk Gambling Is Done:

As a form of recreation, not to make money or make up for previous losses.

With limits on time, frequency, and duration.

In a social setting with others, not alone.

With money you can afford to lose.



High Risk Gambling - Situations When You Are:

Coping with grief, loneliness, anger or depression.

Under financial pressure and stress.

Recovering from mental health or substance use disorders.

Using alcohol or other drugs.

Under legal age to gamble.

Problem Gambling Services, CT State Dept. of Mental Health & Addiction Services

PG Helpline: 1-800-346-6238

www.ct.gov/dmhas/problemgambling