

Hit Bottom?

Have you ever lied to people important to you
about how much you gamble?

Do you feel the need to bet more and more money?

'Yes' to either question indicates you may
have a gambling problem.

Help is Here.

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



kygamblinghelp.org



Gamble Responsibly

Before you decide to gamble, ask yourself these three questions:

1 WHETHER to gamble

Will gambling interfere with your responsibilities? Losing is likely and you cannot control chance.

2 WHEN to gamble

Are you free of stress? Gambling is not a healthy way to deal with emotions or stress.

3 HOW MUCH to gamble

Have you set limits? Gambling is entertainment, not an essential use of time or money.

If you do choose to gamble:

- ***Keep track of preset time and money limits.***
- ***Take frequent breaks.***
- ***Avoid ATMs or other sources of money or credit.***

If you or someone you know may have a gambling problem, please call 1-800-GAMBLER (1-800-426-2537).

Information on problem gambling also is available from the Kentucky Council on Problem Gambling (KYCPG).

www.kycpg.org
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