

Keep it fun.



Know your limits.

If gambling is no longer fun, help is available.

To learn more, visit nrvc.org/safebet



Tips to Help You Keep Gambling Fun

- Know and respect your tolerance for risk.
- Don't gamble money you can't afford to lose, and never borrow money to gamble.
- Set a timer on your phone to keep track of time spent gambling.
- Balance gambling with other activities.
- Treat gambling as a form of entertainment and not a way to make money.
- If you feel stressed from gambling, take a break.
- Hope to win but expect to lose.

**REMEMBER: you're playing
to have a good time.
Never chase your losses.**



**Understand the risks and have a plan
BEFORE you begin gambling.**



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