



### BE SMART – BEFORE YOU START!

Gambling is entertainment – and losing is part of the game. So expect that you will lose and plan for it by not risking more than you can afford. Know the warning signs when gambling becomes more than a hobby – and **NEVER** gamble on credit!



### KNOW YOUR LIMIT – STAY WITHIN IT!

Set limits on how much time you will spend gambling, how many games you will play and how much money you will use to gamble. Be sure your limits are realistic, and don't allow gambling to cut into family or work time.



### HAVE FUN – STOP WHEN YOU'RE DONE!

Gambling is supposed to be fun – so go ahead and blow off some steam - just don't blow your budget while you're at it. Once you reach your time and budget limit, whether you're ahead or behind, stop gambling.



### KEEP IT IN PERSPECTIVE!

If at any time you find that gambling is no longer fun, don't roll the dice and wait for your luck to change. Call for help! Dial 211 now or visit [211maine.org](http://211maine.org)

Whether you enjoy table games, poker, slots, racing, or lottery games - make it a

**SAFE BET**

[maine.gov/safebet](http://maine.gov/safebet)



Office of Substance Abuse  
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Department of Health and Human Services