



## 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!

# 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](https://211maine.org)



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



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



Office of Substance Abuse  
An Office of the  
Department of Health and Human Services