

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



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



maine.gov/safebet



Office of Substance Abuse
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