

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.



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
An Office of the
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