

Big risks ≠ big rewards.

Sports betting is all about the thrill — **but don't let a risk take over your life.**



IF YOU ARE GOING TO BET, REMEMBER:

- ✓ **SET A BUDGET.** Only bet what you can afford to lose.
- ✓ **SET A TIME LIMIT.** Don't let betting take over your day.
- ✓ **TAKE BREAKS.** Get up to take a walk or eat food. Balance betting with other activities you enjoy.
- ✓ **NEVER CHASE LOSSES.** Accept losses, it's part of the game.
- ✓ **KNOW THE REALITY.** Betting is not a good way to make money. The house usually wins, or the gambling industry wouldn't be a multi-billion-dollar industry.
- ✓ **KEEP YOUR HEAD CLEAR.** Don't gamble while under the influence of alcohol or other substances.
- ✓ **SEEK HELP IF NEEDED.** You're not alone. Millions of Americans struggle with their gambling habits. Support is available.

Responsible gaming starts with YOU. Keep the game fun, keep your head clear, and always bet responsibly.

Need Support?

If betting is affecting your life, reach out for help. Support is confidential, free, and available 24/7.

CHAT 1800GAMBLERchat.org

CALL 1-800-GAMBLER

TEXT 800-GAM

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