

Bet on
yourself,
not just
your team.

BEYOND >>>
THE **BET**

DBHDS >>>

Support is confidential,
free, and available 24/7.

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Identify the Warning Signs

Chasing losses by continuing to bet after losing thinking you will win your money back.

Financial problems such as not paying bills, late payments, or owing money due to gambling.

Neglecting responsibilities such as having trouble or missing work or school.

Not focusing on friends and family when you need to, leading to **relationship issues**.

Feeling anxious, irritable, or other **changes in mood** when you're not gaming or gambling.

Lying about the time or money you spend on bets or **hiding** your bets.

Responsible Gambling Tips

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.

KEEP YOUR HEAD CLEAR. Don't gamble while under the influence of alcohol or other substances.

KNOW THE REALITY. Betting is not a good way to make money. The house usually wins.

NEVER CHASE LOSSES. Accept losses, it's part of the game.

SEEK HELP IF NEEDED. You're not alone. Millions of Americans struggle with their gambling habits.
Support is available.

Sports Betting in Virginia 🍷

- Includes betting on pro sports, college sports, and events.
- **Legal for adults 21+** — online and mobile apps allowed.
- Always check for licensed platforms before placing a bet.
- Ads may make it seem easy — **but every bet is a risk.**

