

Play it Safe



Low Risk Gambling Tips

Don't bet more than you can afford.
Play for fun, not for money. Expect to lose.
Set limits on time played and money spent.
Don't borrow to play. Don't play illegally.
Don't chase your losses. Don't gamble when
stressed, depressed or in recovery from other addictions.

If you choose to play, know the rules!

Have you ever felt the need to bet more and more money?
Have you ever had to lie to people important to you about
how much you gamble?
If you have answered 'yes' to these two questions,
you may have a gambling problem. **Help is available.**

If you're concerned about yourself or someone you know,
call the 24hr Helpline: 1-800-522-4700

For more information about responsible gambling go to:
www.playitsafenebraska.com

