

POSITIVE PLAY

Texas Lottery® games are designed to be entertainment for adults 18 and older. We encourage our players to keep it fun and participate responsibly. That includes positive play steps like knowing your limits of time and money. If you or someone you know is struggling with their gambling, help is available.

National Council on Problem Gambling

24-Hour Confidential Helpline

ncpgambling.org/chat

Call or text 800.522.4700

Kindbridge Behavioral Health

network of treatment providers

kindbridge.com

International Centre for Youth Gambling

Problems and High-Risk Behaviors

youthgambling.com

Gam - Anon®

for family and friends

gam-anon.org

Gamblers Anonymous®

gamblersanonymous.org

Texas Lottery Commission

texaslottery.com Social Responsibility page



PLAY RESPONSIBLY

It only takes one ticket to win.



TIPS FOR POSITIVE PLAY

- You must be 18 or older to purchase a ticket and to redeem prizes at retail.
- Gamble only for fun. Remember, it's just a game.
- Keep track of how much money you spend when you play.
- Set a limit for the time you will spend gambling and stick to it.
- Don't borrow money to play.
- Find healthy ways to deal with anxiety, depression or stress.
- Don't play to win back losses.
- Consider lottery as part of your entertainment budget, not as a way to make money.
- Before you play, plan for how much money you are willing to spend.
- Pay only with cash or debit card. Credit cards are never accepted for Texas Lottery® purchases.
- Lottery games are based on chance. That means you may lose. Understand the odds.
- If gambling is no longer fun, take a break and enjoy other activities.

Our core values support educating our players, retailers, employees and the general public about responsible gambling and providing resources for help. The Texas Lottery Commission is a member of the National Council on Problem Gambling, the North American Association of State and Provincial Lotteries and the World Lottery Association. We actively support their problem and responsible gambling initiatives.