

TAKE THE FIRST STEP TOWARD POSITIVE CHANGE

HAVE THE CONVERSATION



TIPS FOR POSITIVE PLAY

- Gamble only for fun.
- Don't borrow money to play.
- Set a limit for time & money spent gambling & stick to it.
- Don't play to win back losses.
- Consider lottery as part of your entertainment budget.
- Lottery games are based on chance. Understand the odds.
- If gambling is no longer fun, take a break. Help is available.

NATIONAL COUNCIL ON PROBLEM GAMBLING
CONFIDENTIAL HELPLINE 24/7 – TEXT OR CALL

800.522.4700

PLAY RESPONSIBLY

It only takes one ticket to win.

