

BEFORE YOU GAMBLE, KNOW THE RISKS

For some, gambling can lead to mental health problems and impact families.

Responsible gambling

The best way to avoid the risks of gaming and gambling is to not play at all.
But if you're going to play, there are ways to play it safe.



Educate yourself on how the games work



Take breaks when gambling is no longer fun



Never borrow money to gamble



Set limits of time and money you're willing to spend, and stick to it



View gambling as entertainment, not as a way to make money

Problem gambling help is here

Call 1-888-789-7777 or visit responsibleplayct.org.

