



# SAFER GAMBLING

Have Fun or Get Help

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## ARE YOU HAVING FUN?

Play to have fun, not to earn a living. Go with friends you can trust to keep you from spending too much.

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## ARE YOU USING SPARE CHANGE?

Use money you have set aside for entertainment only, don't use money meant for bills


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## DO YOU DO OTHER THINGS FOR FUN?

Maintain balance in your life, don't let gambling stop you from doing other things.

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[VIRGINIAPREVENTIONWORKS.ORG](http://VIRGINIAPREVENTIONWORKS.ORG)



# SIGNS GAMBLING MAY BE A PROBLEM.

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## TIME OR MONEY

You are spending more and more time and money gambling than you can afford or had planned

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## MOOD AND BEHAVIOR

You think more and more about when you will gamble next or become more upset and stressed when gambling or lying about gambling

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## TROUBLES

Continue to gamble even despite relationship or work troubles. Or you have had a hard time trying to cut back.

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**FOR FREE CONFIDENTIAL  
HELP CALL  
1-800-GAMBLER  
or Text 800GAM**

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