

IT IS EVERYWHERE

KNOW WHEN

THE GAME IS

PLAYING
You™



There are more ways than ever to gamble. From online sportsbooks and fantasy sports gambling to lottery, casinos, online poker, and more. All of these ways can be fun and exciting but aren't always harmless. It's easy for gambling to become a problem. Know when enough is enough.

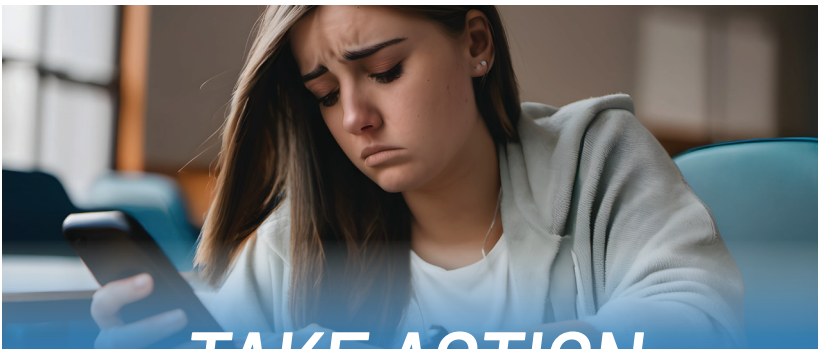
Problem gambling can often lead to depression, stress, and even suicide. It can affect your work life, your home life, and your relationships with family, friends, and co-workers. It can impact your grades, your daily activities, and future opportunities through school and beyond. Know when enough is enough.

**1-800
GAMBLER**
HELP FOR
PROBLEM
GAMBLING

AD ASTRA PER ASPERA
Kansas
Department for Aging
and Disability Services



KNOW WHEN THE GAME IS PLAYING You™



TAKE ACTION

There are things you can do

- ▶ Set limits on the time and money you spend gambling, and stop when you reach either limit
- ▶ Think about gambling as entertainment and not a way to earn money or relieve stress
- ▶ Keep active with friends, hobbies, and activities that you enjoy
- ▶ Never borrow money or use credit or debit cards to gamble
- ▶ Don't bet anything you can't afford to lose or chase your losses
- ▶ Avoid gambling when you're stressed out, depressed, or upset

Having a problem with gambling can affect your life, your work, and your relationships with family and friends.

All Kansas residents can receive confidential treatment at no out-of-pocket cost to you.

If you think you have a problem with gambling, call 1-800-GAMBLER now and receive the help you need.

