

Responsible Gambling Means Knowing Your Limits and Sticking to Them.

Whether it's bingo, lottery games, slot machines, Mahjong, poker, roulette, and other table games, or any activity involving bets. Gambling can include fantasy sports; and many new online games involve spending money - and time.

Always Play Responsibly:

- Gamble only if it's fun.
- Set a money and/or time limit and stick to it.
- Accept losing as part of the game.
- Don't borrow money to gamble.
- Don't let gambling interfere with family, friends, or work.
- Don't gamble to win back losses.
- Don't gamble as a way to cope with emotional or physical pain.

When Gambling Becomes a Problem, There's Hope...

HELP STARTS HERE



Call Washington State's Confidential,
24-Hour Helpline:

1.800.547.6133
www.evergreencpg.org
Call, Text, and Chat

REAL
People
REAL
Recovery



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The Helpline Is Here For You 24/7: Call or Text 1.800.547.6133

It's Important To *Understand...*

Most people who gamble never develop a gambling problem. But, every year, thousands of Washington residents do struggle with Problem Gambling – which can be devastating for them and their families.

Know The *Signs:*

Do You Ever:

- Lose track of time while gambling?
- Spend more than you intend to on gambling?
- Become irritable when people interrupt or interfere with your gambling activity?
- Borrow from credit cards, friends, family, or acquaintances to gamble?
- Gamble to escape stressful situations?

Have You Ever:

- Covered up or hidden your gambling activity?
- Neglected friends, family, or a job because of gambling?
- Spent money to gamble – then borrowed money to pay bills?
- Written a bad check to keep gambling?
- Lied about how much you lost?

“I didn’t like who I was when I had a gambling problem, and neither did my family. I made the call and now I’m getting my life back.”

Help Is Available

If you’re concerned about yourself or someone you know, there’s hope. Problem Gambling doesn’t have to disrupt your life. Regaining control can begin with a phone call.

Call, Text, or Chat Today

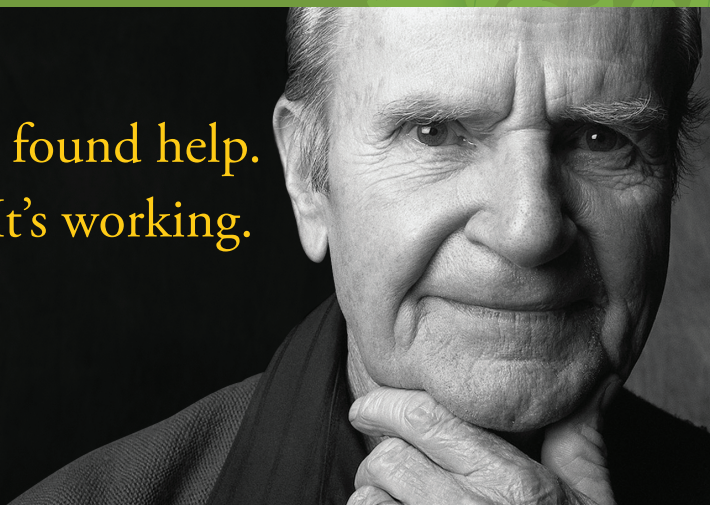
Free, confidential information and referral to treatment 24 hours a day.

Washington State’s
Problem Gambling Helpline
1.800.547.6133

To chat, visit <https://goo.gl/OoIjQ9>

www.evergreencpg.org

I found help.
It’s working.



I was so addicted to gambling that I lost all of my savings – and then some. I made the call and found someone who helped me regain control.

- Helpline Caller