

KEEP GAMBLING FUN

STICK  
TO  
YOUR  
LIMITS  
(ON TIME AND MONEY)



Is gambling causing concerns  
for you or your family? There is help and hope.  
**Get the help you need to live the life you want.**

Contact the confidential 24/7 Problem Gambling Helpline:



**CALL. TEXT. CHAT.**

**1-800-547-6133**

CHAT ONLINE AT [EVERGREENCPG.ORG](https://evergreencpg.org)