

# Big risks ≠ big rewards.

Sports betting is all about the thrill — **but don't let a risk take over your life.**



## IF YOU ARE GOING TO BET, REMEMBER:

- ✓ **SET A BUDGET.** Only bet what you can afford to lose.
- ✓ **SET A TIME LIMIT.** Don't let betting take over your day.
- ✓ **TAKE BREAKS.** Get up to take a walk or eat food. Balance betting with other activities you enjoy.
- ✓ **NEVER CHASE LOSSES.** Accept losses, it's part of the game.
- ✓ **KNOW THE REALITY.** Betting is not a good way to make money. The house usually wins, or the gambling industry wouldn't be a multi-billion-dollar industry.
- ✓ **KEEP YOUR HEAD CLEAR.** Don't gamble while under the influence of alcohol or other substances.
- ✓ **SEEK HELP IF NEEDED.** You're not alone. Millions of Americans struggle with their gambling habits. Support is available.

Responsible gaming starts with YOU. Keep the game fun, keep your head clear, and always bet responsibly.

## Need Support?

If betting is affecting your life, reach out for help. Support is confidential, free, and available 24/7.

**CHAT** [1800GAMBLERchat.org](https://1800GAMBLERchat.org)

**CALL** 1-800-GAMBLER

**TEXT** 800-GAM

**VISIT** [vcpg.net](https://vcpg.net)

**BEYOND** >>>  
**THE BET**

DBHDS >>>