

# Get help for a gambling problem

Treatment is free, confidential and it works.

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(877-278-6766)

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## RESPONSIBLE GAMBLING GUIDELINES

- Gamble for fun.
- Think of the money you lose as the cost of entertainment.
- Set a dollar limit and stick to it.
- Set a 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 use gambling as a way to cope with emotional or physical pain.
- Know the warning signs of problem gambling.

If your gambling is no longer an enjoyable activity, ask yourself: *Why am I still playing?* and call the Problem Gambling Help Line 877-2-STOP-NOW (877-278-6766) or log on to [www.oregonlotteryhelp.org](http://www.oregonlotteryhelp.org)

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