



# MAKE YOUR GAME PLAN

**RESPONSIBLE  
GAMBLING  
STARTS HERE**

**PauseBeforeYouPlay.org**

**GAMBLING PROBLEM?**

**1-800-589-9966**

# PAUSE BEFORE YOU PLAY



Set limits on how much you bet

Keep gambling a social activity



Pay your bills before gambling

Have other hobbies outside of gambling



Know the risks before you bet

Put family and friends before gambling



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