

# THE ONLY SURE BET IS YOU



While not everyone develops a gambling problem, it's important to know that a seemingly harmless game can be the starting point.

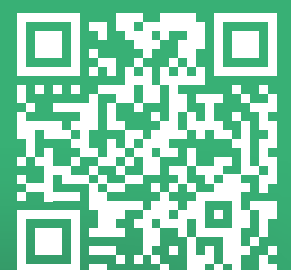
Know the warning signs:

- Anxiety/depression
- Borrowing money in order to gamble
- Withdrawal from family and friends
- Using gambling to cope with stress/pressure

(pacouncil.com)



**PLAY IT SMART.  
GET THE TRUTH  
ABOUT GAMBLING:**  
[bit.ly/playitsmartPA](https://bit.ly/playitsmartPA)



*If you or someone you know has a gambling problem, help is available. Call 1-800-GAMBLER®.*