

# THE ONLY SURE BET IS YOU

For most people, gambling is a fun activity but for some it can become a problem.

Know the signs of problem gaming and gambling:

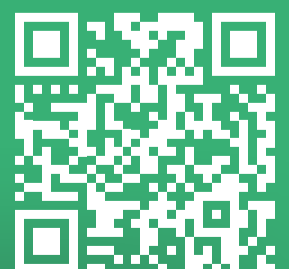
- Have you ever gamed or gamble longer than you had planned?
- Have you ever gamed or gambled to escape your feelings?
- Does gaming or gambling ever cause you to have difficulty sleeping?

(DDAP)



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®.*