

WHAT IS RESPONSIBLE GAMBLING?

Some strategies to use to gamble responsibly include:



Set a budget & stick to it.



Avoid gambling when upset or frustrated.



Set time limits & take breaks.



Limit or avoid alcohol & other substances while gambling.



Gamble for entertainment & if it's not fun stop playing.



Balance gambling with other activities.



Understand how the games work, including odds.

IF GAMBLING IS NO LONGER FUN, REACH OUT!

Voluntary Self-Exclusion options are available for those looking to decrease or stop gambling for a chosen length of time:

Learn more and register for the Connecticut Voluntary Self-Exclusion Program. Visit [PORTAL.CT.GOV/SELFEXCLUSION](https://portal.ct.gov/selfexclusion).

Call the confidential hotline:

Help is available for problem gambling. Call [888.789.7777](tel:888.789.7777) or visit [CCPG.ORG](https://ccpg.org).

