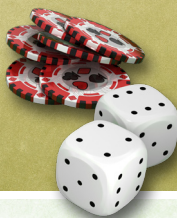


Gamble Responsibly

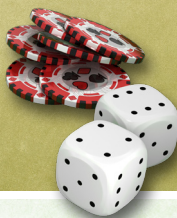


- Remember gambling is for entertainment purposes only!
- Make sure gambling is not your only leisure activity
- Bring a friend - you can keep each other from spending excessively
- Don't gamble with money you need for everyday expenses
- Set time and expenses limit before you start and stick to it
- Never borrow money to gamble
- Take breaks often; taking breaks often helps to recognize the time and money spent
- Gambling too much is a high risk when you are feeling depressed or stressed. Find another activity if you are feeling this way



- *Have Questions?*
Call the Michigan Gaming Control Board Responsible Gaming Section
888-223-3044 or Michigan.gov/mgcb
- *Still Struggling? Need Advice?*
Call the Michigan Department of Health and Human Services Problem Gaming Helpline 800-270-7117

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