

# 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](http://Michigan.gov/mgcb)
- *Still Struggling? Need Advice?*  
Call the Michigan Department of Health and Human Services Problem Gaming Helpline 800-270-7117

# 赌博的责任



- 记住，赌博只是为了娱乐！
- 确保赌博不是你唯一的休闲活动
- 带上一个朋友-你们可以互相防止对方过度消费
- 不要用你日常开支所需的钱赌博
- 在赌博之前设定时间和费用限制 并遵循这些限制
- 千万不要借钱赌博
- 多休息；休息可以让你多休息；休息可以让你
- 当你感到抑郁或有压力时，过度赌博的风险很大。如果你有这种感觉，请参与其他活动



- 有疑问？  
请与密西根州博彩控制委员会-负责任博彩部门联系  
可致电888-223-3044或访问Michigan.gov/mgcb



- 仍在挣扎？需要建议？  
请与密西根州卫生与公共服务部联系  
可拨打 800-270-7117 赌博问题热线