

# BE SMART PLAY SMART<sup>®</sup>

A RESPONSIBLE  
GAMING GUIDE



# PROBLEM GAMBLING WARNING SIGNS



**Spending more time or money on gambling than planned or able to afford**



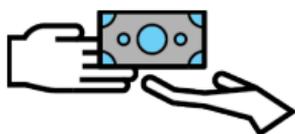
**Hiding lottery tickets from other people**



**Neglecting important responsibilities to play lottery games**



**Continuing to gamble after repeated attempts to stop**



**Borrowing money to gamble**



**Gambling to try and forget problems and/or reduce stress**

Problem gambling can affect anyone, regardless of age, gender or ethnicity. Knowing the key signs of problem gambling and how to get help are crucial to addressing gambling problems.

# WHERE TO GET HELP

## **WEKNOWTHEFEELING.ORG**

This helpline is answered by experts 24/7. They can provide help, support and advice about responsible gambling.

**Call: 1-800-GAMBLER**

**Text: "ILGAMB" to 53342**

## **GAM-ANON.ORG**

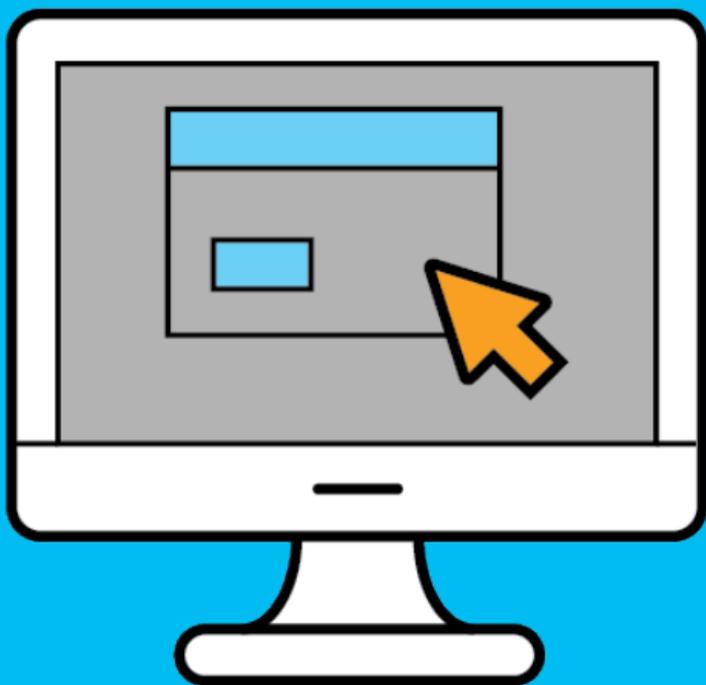
A self-help organization for the spouse, family or close friends of compulsive gamblers.

**Call: 708-802-0105**

## **VOLUNTARY SELF-EXCLUSION PROGRAM**

Allows individuals to exclude themselves from receiving Illinois Lottery prizes and promotional materials.

**Call: 1-800-252-1775**



# BE SMART, PLAY SMART<sup>®</sup>

## **SET A LIMIT. STICK TO IT.**

Before you play, set a limit on the amount of money you will spend. Don't chase your losses and only spend money you have.

## **DON'T OVERDO IT. TAKE A BREAK.**

Watch the clock and keep track of how much time you are devoting to the lottery. Don't let the lottery negatively impact your time with family and friends.

## **IT'S NOT A KIDS' GAME.**

It is illegal for individuals who are under the age of 18 to play Illinois Lottery games. If you see someone breaking this law, please call 1-800-252-1775.

## **PLAY FOR FUN. NOT FUNDS.**

It is fun to dream about winning a big jackpot, but you can never count on winning money. Play the Illinois Lottery as a fun or social activity - not as a way to earn money.

## **REMEMBER, IT'S A GAME OF CHANCE.**

It is important that you know the rules of the games you play. The odds, ticket prices, prizes and rules vary greatly for each game. Visit the games page on [IllinoisLottery.com](http://IllinoisLottery.com) to find specific information for each of our games.

