



Be Smart, Play Smart™

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 help determine whether you or someone you know has symptoms of a gambling problem. If treatment is needed, they can refer you to programs near you.

Call: 1-800-GAMBLER

Text: "ILGAMB" to 53342

icpg.info

A statewide resource in Illinois for awareness and education about problem gambling.

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



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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 to find specific information for each of our games.

