



**BE  
SMART  
PLAY  
SMART<sup>®</sup>**

**A RESPONSIBLE  
GAMING GUIDE**



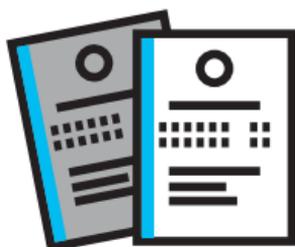
# PROBLEM GAMBLING WARNING SIGNS



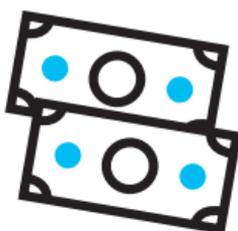
Spending more time or money on gambling than planned or able to afford



Neglecting important responsibilities to gamble



Hiding lottery tickets from other people



Borrowing money to gamble



Continuing to gamble after repeated attempts to stop



Gambling to forget problems 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

## **1-800-GAMBLER (1-800-426-2537)**

This toll-free helpline is answered by trained specialists 24/7/365. They can provide confidential support and help determine if you or someone you know is showing signs of a gambling problem. If treatment is needed, these specialists can also provide references to programs and providers near you.

**Text: "ILGAMB" to 53342**

**Visit: [WeKnowTheFeeling.org](http://WeKnowTheFeeling.org)**

## **VOLUNTARY SELF-EXCLUSION PROGRAM**

Allows individuals to exclude themselves from purchasing Illinois Lottery tickets online and from claiming prizes over \$600 on Illinois Lottery tickets purchased in-store.

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

## **NATIONAL COUNCIL ON PROBLEM GAMBLING**

A national advocate for programs and services to assist problem gamblers and their families.

**Visit: [ncpgambling.org](http://ncpgambling.org)**

## **ILLINOIS COUNCIL ON PROBLEM GAMBLING**

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

**Visit: [IllinoisProblemGambling.org](http://IllinoisProblemGambling.org)**



# BE SMART, PLAY SMART<sup>®</sup>

## 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 for each game. Visit the games page on [IllinoisLottery.com](http://IllinoisLottery.com) to find specific information for each of our games.



## 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.



## 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 form of entertainment - not as a way to earn money.



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

Watch the clock and keep track of how much time you spend playing 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 buy or play Illinois Lottery games. Remember, never give a lottery ticket to a minor.



**Be Smart, Play Smart<sup>®</sup>** Must be 18 or older to play.

If you or someone you know has a gambling problem, crisis counseling and referral services can be accessed at 1-800-GAMBLER or text "ILGamb" to 53342. For additional info or to exclude yourself, call 1-800-252-1775 or visit [illinoislottery.com](http://illinoislottery.com).