

**PLAY WITH LIMITS.
PLAY SAFE.**



SEEK HELP

If you are worried about your gambling, or if you believe someone you know may be experiencing gambling problems, you can

- seek help at the following help lines (free of charge):

Advisory Services of the Multiple Intervention Centre,
Ministry of Health - **for individuals aged 22 and above**

 **1454** |  **22+**

'PERSEAS' Counselling Centre for adolescents and family
- **for individuals up to 22 years old**

 **1456** |  **up to 22**

- find available treatment programs on the National Addictions Authority's website: www.naac.org.cy

Organiser



NATIONAL
BETTING
AUTHORITY

nba.gov.cy



Safer
Gambling

safergambling.gov.cy

For more information & registration:
www.sgw.cy ή +357 22 881800

#SGW

TIPS FOR SAFER GAMBLING



Set money and time limits and stick to them.



Only gamble **with money you can afford to spend** from your monthly budget.



Avoid gambling when you are **upset, stressed, or sad**.



Don't chase losses- trying to win back lost money usually leads to **losing more**.



Take regular breaks - go for a walk, have a meal, get some fresh air, give yourself a chance to do something else.

REMEMBER!

The purpose of the game is to have fun and not to increase your income!



SCAN HERE

or visit www.safergambling.gov.cy
to find out more about safer gambling



www.sgw.cy



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