

Gambling is safe,



# only when you follow the rules



Set money and time limits and stick to them



Only bet as much money as you are able to spend from your monthly budget



Avoid gambling when you feel upset or sad



Don't chase your losses by trying to win back money you've already lost by gambling more



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

---

Remember

***Don't think of gambling as a way  
to make money and keep it a fun activity!***

# Safer Gambling Week

3.10 —  
9.10.2022

*In case you are worried of your gambling activity or believe that someone you know might be suffering from a gambling disorder, call one of the following help lines free of charge :*



22 + y/o

Advisory Services of the Multiple Intervention Centre, Ministry of Health



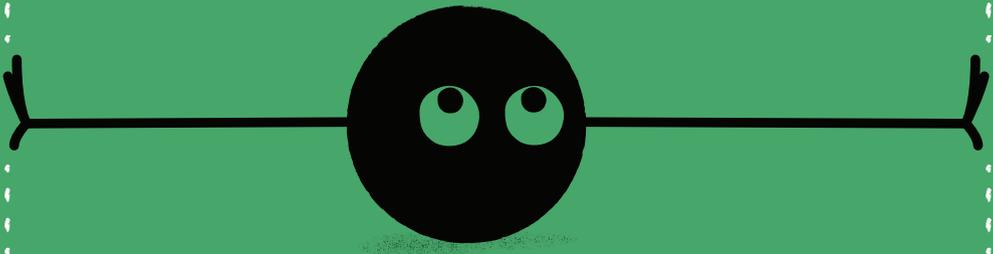
up to 22 y/o

PERSEAS Counselling Centre for Adolescents and Family

or you can find the available treatment centres on the National Addictions Authority's website at [www.naac.org.cy](http://www.naac.org.cy)

Learn more about safer gambling at [www.safergambling.gov.cy](http://www.safergambling.gov.cy)

## Set limits, enjoy the game



NATIONAL  
BETTING  
AUTHORITY  
[nba.gov.cy](http://nba.gov.cy)

 Safer  
Gambling  
[safergambling.gov.cy](http://safergambling.gov.cy)