

# SAFETY

## THE REAL HERO IN EVERY GAME



## Seek Help

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:

### Adults 22+

Advisory Services of  
the Multiple Intervention Centre,  
Ministry of Health



1454



22+

### Adolescents and young adults until 22 years old

PERSEAS Counselling Centre  
for Adolescents and Family



1456



until  
22

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

Organizer



NATIONAL  
BETTING  
AUTHORITY

[nba.gov.cy](http://nba.gov.cy)



Safer  
Gambling

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

For more information & registration

[www.sgw.cy](http://www.sgw.cy) OR +357 22 881800

#SGW

**Safer  
Gambling  
Week**

**7 — 13  
October  
2024**

**Listen, Think,  
Share, and,  
Discuss!**

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## Tips for a safe game



Set money and time limits and stick to them.



Gamble 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 frequent breaks – go for a walk, have a meal, get some fresh air, give yourself a chance to do something else.

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**Do remember**

*The purpose of the game is to have fun  
and not to increase your monthly incomes!*

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



sgcyprus



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