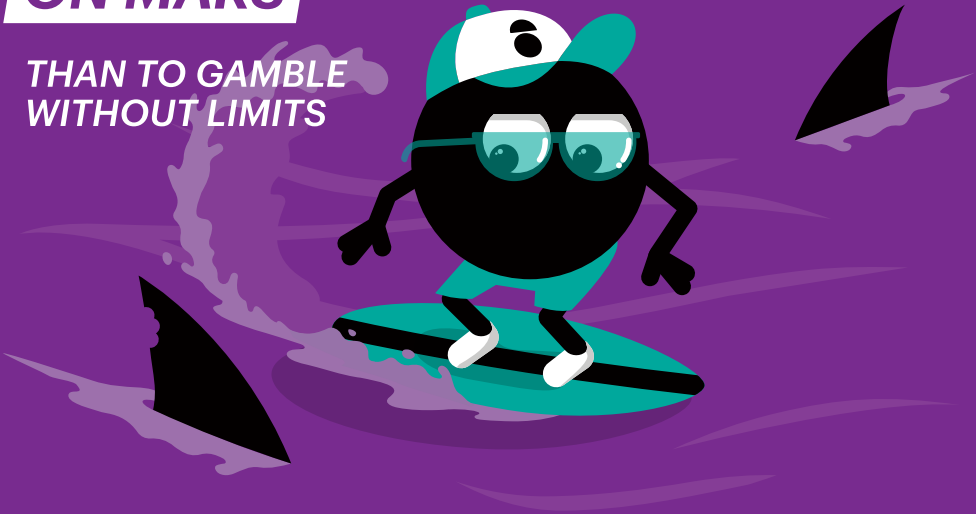


IT'S SAFER TO LAND ON MARS

THAN TO GAMBLE
WITHOUT LIMITS



NEED HELP?

If you are worried about your gambling, or if you believe someone you know may be experiencing gambling problems, you can seek help free of charge:

ADULTS 22+

Advisory Services of the Multiple Intervention Centre, Ministry of Health

ADOLESCENTS AND YOUNG ADULTS UNTIL 22 YEARS OLD

PERSEAS Counselling Centre for Adolescents and Family



or you can find available treatment centers on the National Addictions Authority's website: www.naac.org.cy.

ORGANIZER



NATIONAL
BETTING
AUTHORITY

nba.gov.cy



Safer
Gambling

safergambling.gov.cy

#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.

DO REMEMBER

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

Find out more about Safer Gambling at www.safergambling.gov.cy.