

Safer Gambling Tips



Set money and time limits and stick to them



Bet only the money you can afford to spend from your monthly budget



Don't gamble when upset, stressed or depressed



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, eat or drink something, get some fresh air

Remember

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



If you are concerned about your gambling behaviour, or if you are worried that someone you care about may be facing a gambling disorder, you can call the following helplines:



Advisory Services of the Multiple Intervention Centre, Ministry of Health, for adults 22 years and older

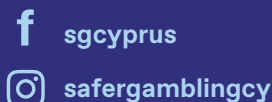
Set limits,
enjoy
the game



PERSEAS Counselling Centre for Adolescents and Family, for minors and young people up to 22 years old

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

Μάθε περισσότερα για το ασφαλές παιχνίδι στο www.safergambling.gov.cy



NATIONAL
BETTING
AUTHORITY

