

CONCERNED ABOUT YOUR GAMBLING?



**WE'RE READY TO
TALK WHEN
YOU ARE.**

Available 24 / 7.

**No Judgment.
No Risk.
No Brainer.**



**Office of Addiction
Services and Supports**

Is your gambling becoming a problem?

- Have you become preoccupied with gambling?
- Do you find yourself lying to others about gambling?
- Are you chasing losses and trying to win back what you've lost?
- Have you borrowed money to gamble with?

Steps to reduce gambling risks.

- Set and stick to a budget.
- Limit alcohol intake.
- Set time limits.
- Scan the QR code and take the gambling assessment quiz.



OASAS.
ny.gov /
gambling